

| Zone | Description |
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| 0.0 | Nothing at all - at full rest, bordering on sleep. |
| 0.5 | Very, very weak - awake but just sitting or laying around. |
| 1 | Very weak - standing doing nothing or perhaps sitting being occupied. |
| 2 | Weak - walking or very gentle running |
| 3 | Moderate - exercising at a level that can be held for long periods |
| 4 | Somewhat strong - increase effort but still able to hold for extended periods. |
| 5 | Strong 1 - lower level threshold, able to hold for shorter periods. |
| 6 | Strong 2 - medium threshold, race pace for longer races |
| 7 | Very strong 1 - high threshold, around 10km race pace |
| 8 | Very strong 2 - higher threshold, 5km or end of 10km pace |
| 9 | Very strong 3 - near maximum possible effort, end of 5km race pace |
| 10 | Very, very strong - maximum possible effort |