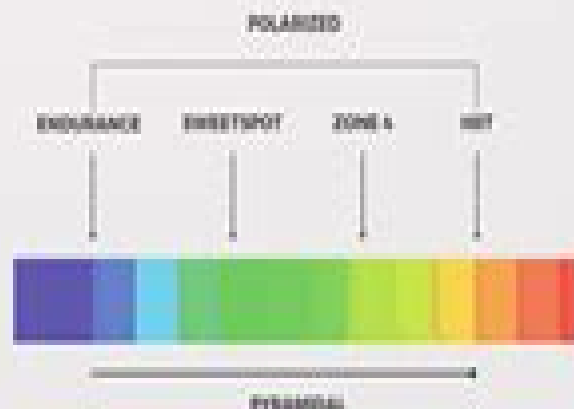


# THE ULTIMATE GUIDE TO ZONE 4 TRAINING

## THE SCIENCE BEHIND ZONE 4 TRAINING



## THE BENEFITS OF ZONE 4 TRAINING



Increases anaerobic threshold (FTP)



Combines aerobic and anaerobic energy contributions



Stimulates fast twitch muscle fibers to become more aerobic



Improves overall endurance and energy management

## SUMMARY OF ZONE 4 TRAINING



## ZONE 4 IN RELATION TO OTHER TRAINING ZONES

### ZONE 2

- Primarily activates type I slow twitch muscle fibers.
- Relies predominantly on fat combustion.
- Focuses on increasing mitochondrial functioning.

VS

### ZONE 4

- Higher intensity with a focus on carbohydrate combustion.
- Balances aerobic and anaerobic energy contributions.
- Higher lactate dynamics compared to Zone 2.

### ZONE 3

- Less intense than Zone 4, allowing for longer exercise duration.
- More reliant on fat, less on carbohydrates.
- Lower lactate production and combustion rate.

VS

### ZONE 4

- Higher intensity with a focus on carbohydrate combustion.
- Balances aerobic and anaerobic energy contributions.
- Higher lactate dynamics compared to Zone 3.

### ZONE 5

- Focused on short, high intensity intervals.
- Relies more on anaerobic energy and fast twitch muscle fibers.
- Leads to high blood lactate accumulations.

VS

### ZONE 4

- Used for longer duration blocks.
- Balances between aerobic and anaerobic energy.
- Maintains a quiet steady state in lactate levels.

# Ultimate Guide Sports Training

**John Shepherd**



## **Ultimate Guide Sports Training:**

**The Complete Guide to Sports Training** John Shepherd,2013-05-31 The Complete Guide to Sports Training is the definitive practical resource for anyone wishing to improve their performance and for coaches looking to get the best out of their athletes The book demystifies sports science and provides athletes and coaches with the basic building blocks they need to maximise performance Starting with the basics and progressing to the specific elements all athletes need speed endurance and power this invaluable handbook explains the theory in simple easy to understand terms before discussing the most effective training methods and techniques as well as giving guidance on developing a training plan sports psychology and training younger and older athletes This is the first time such a wealth of sports science knowledge has been available in one book and written in such an accessible style and should become the sports training handbook for athletes coaches and sports science students

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