

Expected physiological adaptations from B1-Right On Training

	Zone 1	Zone 2	Zone 3	RIGHT ON	Zone 4	Zone 5	Zone 6-7
	Active Recovery	Aerobic Capacity	Tempo	R.O.T.	Threshold	Vo2 Max	Anaerobic Cap into Neuromuscular Power
Example Time	30-90 Min	1-6 hrs	1-4hrs	0.5-3hours	8-30min	3-6min	5-15sec
Increase plasma Volume	X	X	XX	XX-XXX	XXX	XXXX	X
Increased Mitochondrial Enzymes	X	XX	XXX	XXX-XXXX	XXXX	XX	X
Increased Muscle Glucose Storage	X	XX	XXXX	XXXX-XXX	XXXX	XX	X
Hypertrophy of slow twitch muscles Fibers	X	X	XX	XX	XX	XXX	X
Increased Muscle Capillarization	X	X	XX	XX	XX	XXX	X
Interconversion of fast twitch Muscle fiber	X	XX	XXX	XXX	XXX	XX	X
Increased Stroke Volume/Maximal Cardiac Output	X	X	XX	XX-XXX	XXX	XXXX	X
Increased Vo2 Max	X	X	XX	XX-XXX	XXX	XXXX	X
Increased muscle High Energy (ATP/PCr) Stores	X	X	X		X	X	XX
Increased anerobic capacity (Lactic Tolerance)	X	X	X		X	X	X
Hypertrophy of fast twitch muscles	X	X	X		X	X	XX
Increased neuromuscular power	X	X	X		X	X	XXX

Table courtesy of Dr. Andy Cogan Ph.D.

As you can see, there are more x's in the Right On column than there are in zone 2 and tempo columns for several key physiological adaptations that are fundamental to endurance cycling performance. Therefore, athletes accomplish more with one hour of Right On training than they do with one hour in other zones!