

Daniel's 4 Types of Training

	EASY	THRESHOLD	INTERVAL	REPETITION
PURPOSE	Aerobic base	Endurance	Increase VO2max	Improve speed/economy
EFFORT	Easy	Comfortably hard	Hard	Hard but more recovery
VO2MAX%	59-74%	83-88%	95-100%	>100%(Anaerobic)
HRMAX%	60-79%	88-92%	98-100%	Up to Max
DESCRIPTION	Comfortable/conversation pace runs	Tempo run usually 3-4 miles	Specific pace periods of running followed by periods recovery(jog)	Fast periods of running followed by longer recovery periods(walk)
BENEFITS	<ul style="list-style-type: none"> -Increased Aerobic base and foundation for training. -Strengthened heart muscle -Increased blood supply/capillaries to muscles. -Increased mitochondria and ability to use oxygen 	<ul style="list-style-type: none"> -Improved endurance by increasing lactic threshold -increased ability to remove lactic acid from blood 	<ul style="list-style-type: none"> -Long Intervals increase VO2max and endurance -Short Intervals increase VO2max 	<ul style="list-style-type: none"> -Improved muscle strength -Increased Speed -Improved running economy -Improved running form -Changes convertible type muscle fibers to fast twitch
NOTES	<ul style="list-style-type: none"> -Includes long runs -Should be the base of any distance training program and the majority of summer conditioning 	<ul style="list-style-type: none"> Ran at the pace of your blood lactic acid accumulation state 	<ul style="list-style-type: none"> -Keep fast bouts below 5 minutes to avoid anaerobic involvement Short Interval: 800m or less Long Interval: 800m - 1600m 	<ul style="list-style-type: none"> "higher speed, bigger rest" -Need full recovery between run bouts -Max length 2min -Usually 400m or less -Hill training is a type of reps -Good for sprinters