



TRIATHLON | SWIMMING | CYCLING | RUNNING | ST

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Threshold Pace

What is Threshold Pace?

Threshold Pace is the pace at which you can run comfortably hard for about 45 - 60 minutes.

It's the sweet spot between running easy and running all-out; where your body is working hard, but still under control.

Importance:

- Helps improve your lactate threshold (your ability to sustain faster paces longer)
- Builds aerobic endurance and mental toughness
- Used to structure workouts (Zones) for maximum training benefit
- Makes your training personalized and more effective

It Feels Like:

- You can speak in short phrases, but not have a full conversation
- Your breathing is deep and steady, but not gasping
- Feels like 7 to 8 out of 10 effort

Use of Threshold Pace in Workouts:

It helps you train in the right zones:

- Zone 1: Recovery
- Zone 2: Base/endurance
- Zone 3-4: Threshold training (tempo runs, intervals)
- Zone 5: Speed/power

Updated Regularly:

Your Threshold Pace will be updated from time to time based on your performance, consistency, and fitness level.

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