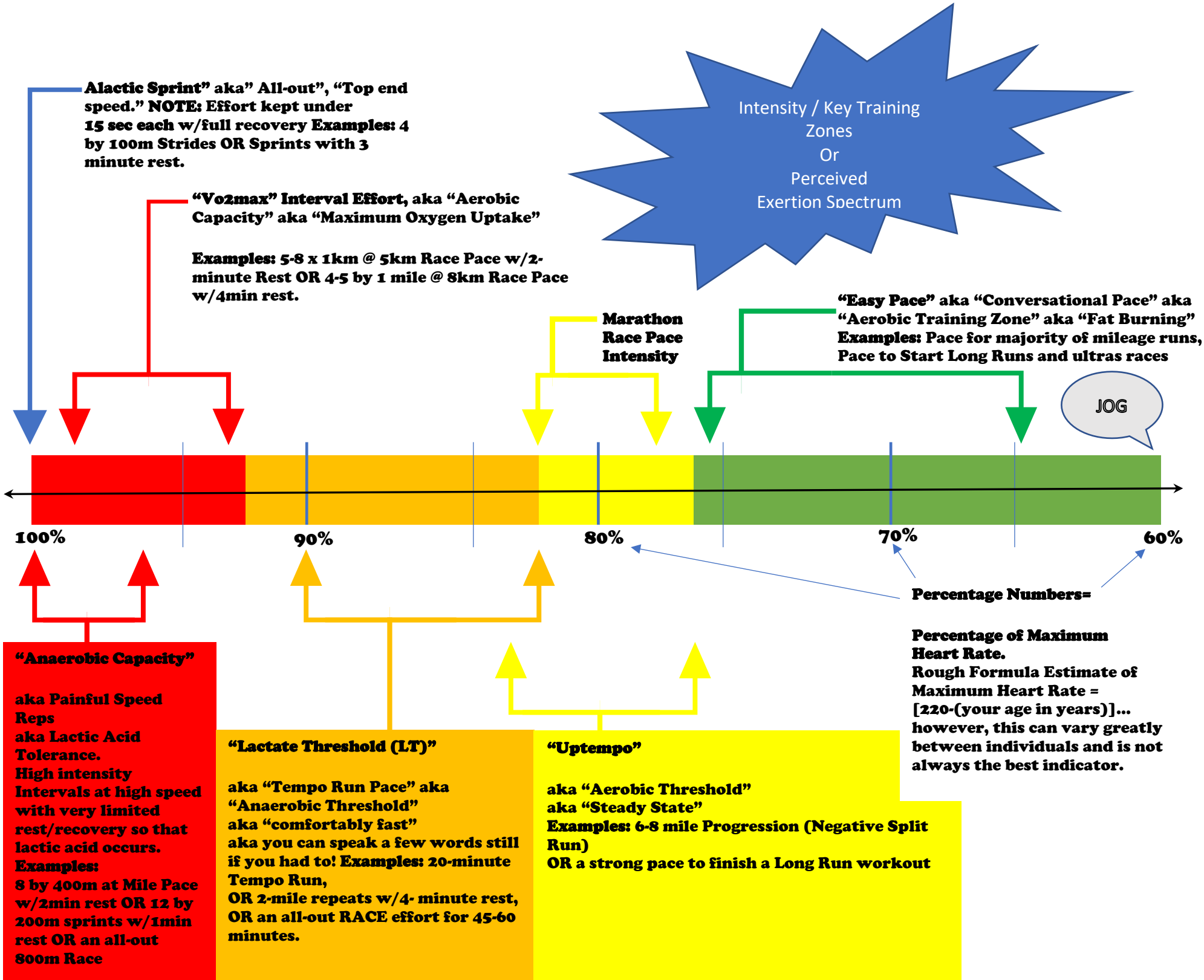
Intensity / Key Training Zones Or Perceived Exertion Spectrum
"Alactic Sprint" aka" All-out", "Top end speed." NOTE: Effort kept under 15 sec each w/full recovery Examples: 4 by 100m Strides OR Sprints with 3 minute rest.
"Vo2max" Interval Effort, aka "Aerobic Capacity" aka "Maximum Oxygen Uptake"
Examples: 5-8 x 1km @ 5km Race Pace w/2-minute Rest OR 4-5 by 1 mile @ 8km Race Pace w/4min rest.
Marathon Race Pace Intensity
"Easy Pace" aka "Conversational Pace" aka "Aerobic Training Zone" aka "Fat Burning"
Examples: Pace for majority of mileage runs, Pace to Start Long Runs and ultras races
JOG
100%
90%
80%
70%
60%
Percentage Numbers=
Percentage of Maximum Heart Rate.
Rough Formula Estimate of Maximum Heart Rate = [220-(your age in years)]... however, this can vary greatly between individuals and is not always the best indicator.
"Anaerobic Capacity"
aka Painful Speed Reps
aka Lactic Acid Tolerance.
High intensity Intervals at high speed with very limited rest/recovery so that lactic acid occurs.
Examples:
8 by 400m at Mile Pace w/2min rest OR 12 by 200m sprints w/1min rest OR an all-out 800m Race
"Lactate Threshold (LT)"
aka "Tempo Run Pace" aka "Anaerobic Threshold"
aka "comfortably fast"
aka you can speak a few words still if you had to! Examples: 20-minute Tempo Run,
OR 2-mile repeats w/4- minute rest,
OR an all-out RACE effort for 45-60 minutes.
"Uptempo"
aka "Aerobic Threshold"
aka "Steady State"
Examples: 6-8 mile Progression (Negative Split Run)
OR a strong pace to finish a Long Run workout