

Easy or Aerobic Runs

Marathon Pace

Threshold

VO2 Max

Repetition

Zone 2

Zone 3

Zone 4

Zone 5

Zone 5/6

Runs, warm-ups, cool-downs

Marathon pace blocks

Tempo reps, threshold runs, fartleks

Interval pace reps

Hill repeats, strides

- strengthens heart
- increases blood supply to muscles
- improves ability to process oxygen

- rehearses race pace
- increases oxygen demand a cell with a faster pace

- improves lactate threshold
- improves cardiac output

- improves ability to use oxygen

- improves running economy
- recruit more muscle fibers