

## Training Zones

### Recovery Running

- After hard training or races.
- 20-30mins continuous running.
- Perceived exertion – very easy.
- Talk test – very easy.

Run your recoveries too hard you won't be recovered enough for hard training

### Easy Running

- Long runs/supplementary runs/recoveries when doing intervals
- 30-120mins
- Perceived exertion – easy
- Talk test – easy to talk

### Steady Running

- 30-60mins
- Just below Lactate Threshold
- Run at constant pace. Get tired due to volume not intensity.
- Perceived exertion – comfortable
- Talk test – ok to talk but running needs a bit more concentration

### Tempo Running (appx 10% weekly mileage)

- Just above Lactate Threshold
- 20-30mins continuous or Cruise intervals with 5:1 work to resting ratio
- Perceived exertion – comfortably hard
- Talk test – hard to talk but just possible

### Intensive Aerobic Intervals (appx 8% weekly mileage)

- Reps need to be 2½ - 5 minutes
- Pace is 5k to 3k (Total of 15-20mins for 5k efforts/12-15mins for 3k efforts)
- Recovery 1:1 or less
- Perceived exertion – very stressful
- Talk test – cannot talk

***“The purpose of training is to stimulate growth. That growth only occurs during periods of rest and recovery”*** – Dave Costill (world famous exercise physiologist)