



An Understanding of Training Intensities and Zones

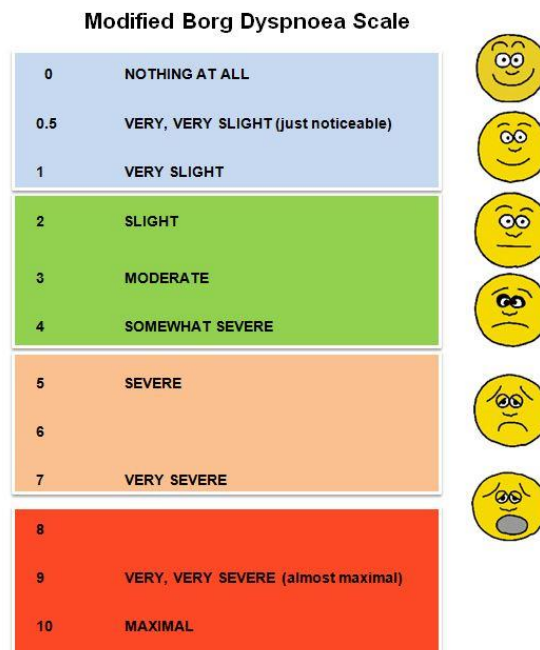
Training Intensities

RPE/ vocabulary	How it feels/ what you should be doing	Zone	Purpose '
0-4	At rest/ barely moving to a slow walk	N/A	Rest and recovery (although I will not state RPE 0-4 in any of the workouts, rest intervals unless stated otherwise, should be getting the HR down to feel like this!)
5 very easy	easy jog/ brisk walk (warm ups and cool downs and recoveries) breathing more	Zone 1	Active recovery – this is zone >1 - essential part of every session
	Conversational pace the whole way, (breathing is a little heavier) these are your long runs, imagine marathon pace/ warm ups and cool downs and recoveries can also be at this zone. Also for marathon running @ race pace. 70-80% of Threshold HR and 65-77% of Threshold pace	zone 1	Running at your Easy pace promotes physiological benefits that build a solid base from which higher-intensity training can be performed. The heart muscle is strengthened, muscles receive increased blood supplies and increase their ability to process oxygen delivered through the cardiovascular system.
6 - steady	(heavier breath again, still talking but more intermittent), 81-89% of Threshold HR, 78-87% of Threshold pace	zone 2	As above
7 – tempo	Moderate or tempo efforts. This is known as your marathon pace. This can be part of longer runs and in blocks up to 20mins to help with endurance as well as preparing your pacing skills for longer races. 90-93% of threshold HR, 88-93 % of threshold pace	zone 3	Used to experience race pace conditions for those training for a marathon or simply as an alternative to Easy pace running for beginners on long run days To improve endurance
8- Threshold	comfortable hard running, (known as cruise intervals) this is your threshold effort, think of your half marathon to 10km pace. Breathing is heavy, one word answers and short phrases can be spoken. 95-98% of threshold HR, and pace	zone 4	Stress your aerobic power (VO ₂ max). It takes about two minutes for you to gear up to functioning at VO ₂ max so the ideal duration of an "Interval" is 3-5 minutes each. The reason not to go past 5-minutes is to prevent anaerobic involvement, which can result in blood-lactate build-up.
9 – very hard	This is higher than threshold, think of it as your 3-5km pace, but not all out. It should be a pace that you can maintain for 10-15mins in a serious race. We will only do 3-5min efforts only. You won't want to be talking, if necessary – one word answers only. Very heavy breathing. 100-102% of Threshold HR, 100-103% of pace	Zone 5a	

9 – very hard	This is where you would do most of your short reps think 1500m or 1mile race pace 103-106% of Threshold HR, 103-110% of Threshold pace	zone 5b	To improve your speed and economy The shorter the efforts, the less likely the HR will reach here so you will need to think about how it feels or pace
10 (won't feel a 10) – max	These are fast but the focus will be more on technique as opposed to getting up to speed. Your HR may not reach max here as the intervals are so short.	Zone 5c	As above

As an athlete, you will have come across many variations of zones and RPE and even vocabulary that is already out there by various coaches and researchers, to describe how exercise at a certain intensity should feel. The most obvious is the Borgs scale of exertion (shortness of breath) which goes from 0-20. Or the modified version on a scale of 0-10, (see fig. 1 below for you to look at and correlate my language with that of Borg's)

I prefer to use a scale of 0-10, but I also prefer to use my own language as this is what I started with when I began my triathlon journey. So, to make things clear to you and so you know how these RPE and zones should feel, I have written down what vocabulary I use, what zone it is and how that should feel to you. I have used *Jack Daniels, PHd 'Daniel's running formula third edition'(1990) (not the drink!) to help me with the purpose of each of these zones to make it relevant to you (Fig. 2).



(fig 1)

