



Training Zone Explanation Chart

Rate of Perceived Effort (PE)	Running Zones	Breathing	Talk Test	Purpose
1	Recovery	Normal	Normal	Promote muscle recovery
2	Maintenance	Normal	Normal	Maintain & develop aerobic adaptations
3		Comfortable	Easy	
4	Steady	Noticeable	Broken Sentences	Develop aerobic adaptations
5	Threshold	Deep, but Steady	A Few Words	Improve aerobic endurance & increase lactate threshold
6		Deep & Somewhat Rapid	One word	
7	VO2 Max	Deep & Rapid	Very Difficult	Improve aerobic power, lactate tolerance & buffering ability
8		Very Deep & Rapid	Extremely Difficult	
9	Speed	Very Deep & Rapid	No	Increase anaerobic capacity, Improve lactate production ability & economy
10		Breathless	Impossible	

Final Surge Run Definitions

Recovery Run - Very easy running that allows the body to recover from hard/long running. Will immediately follow a hard running day or long run.

Maintenance Run - This will be the bulk of your running. Comfortable running.

Progression Run - Runs in which the pace increases as the run progresses. Start off slower and finish faster. Runs will not exceed a PE of 5 or above threshold pace

Steady State Run - Continuous running at or near marathon race pace.

Fartlek - Runs that alternate faster running with slower running as determined by time, not distance. Term is Swedish for "speed play."

Tempo - Continuous running at paces between steady (PE of 4) and threshold (PE of 6). Either one continuous run or long bouts with little rest.

Intervals - Bouts of medium to high intensity running interspersed with rest or a recovery jog typically measured in distance and completed on a track.