






# RUN MY WAY

## —AUSTRALIA—

### TRAINING ZONES

ZONE	ADAPTION	EXAMPLE WORKOUTS
<b>ZONE 5</b> ANAEROBIC 	<b>DEVELOPS PACE</b> HARD INTENSITY BUT NOT FLAT-OUT SPRINTING. FAST OR LABOURED BREATH, CANNOT TALK.	<b>INTERVALS</b> <b>SHARPENERS</b>
<b>ZONE 4</b> THRESHOLD 	<b>DEVELOPS PERFORMANCE</b> CONSTANT HARD EFFORT WITHOUT CROSSING THE LACTIC THRESHOLD. CAN ONLY TALK IN PART SENTENCES.	<b>UP-TEMPO</b> <b>TIME TRIALS</b>
<b>ZONE 3</b> UPPER AEROBIC 	<b>AEROBIC STRENGTH</b> SLIGHTLY HARDER THAN AEROBIC PACE. ONLY JUST ABLE TO TALK IN FULL SENTENCES.	<b>PCR</b> <b>FARTLEK</b> <b>HILLS</b>
<b>ZONE 2</b> AEROBIC 	<b>BUILDS AEROBIC CAPACITY</b> COMFORTABLE PACE. ABLE TO MAINTAIN OVER LONG DISTANCES. CAN EASILY TALK IN FULL SENTENCES.	<b>LONG RUN</b> <b>OUT AND BACK</b>
<b>ZONE 1</b> RECOVERY 	<b>ASSISTS RECOVERY</b> VERY EASY, DELIBERATELY SLOW RUNNING. ASSISTS IN DEVELOPING FAT BURNING CAPACITY.	<b>RECOVERY RUN</b> <b>WARMUP/COOL DOWN</b>

CONTACT ME FOR THE FORMULA TO WORK OUT YOUR WHR (WORKING HEART RATE)