






# 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)

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