

## **TRAINING ZONES**

Easy Run: 30+ min (continuous)

Long Run: 60-90min (continuous)

Tempo Run/Intervals: 4-20min (1/8x recovery)

Med/Long Intervals: 3-5min int (= rest)

Short/med Intervals: 30sec-3min int (2-4x recovery)

Short Explosive Bike Bursts (all out for 15 seconds)

## **APPROXIMATED HEART RATE ZONES (BPM)**

ER-pace: 120-150bpm (65-79% maxHR)

LR-pace: 140-170+bpm (80-90% maxHR)

T-pace: 160-180bpm (88-92% maxHR)

I-pace: 180-200+bpm (95-100% maxHR)

Short I-pace: 190-200+bpm (98-100% maxHR)

## **MILEAGE CONVERSIONS**

Treadmill miles = running miles

Elliptical miles = running miles

"Old Bikes = 2.25x running miles and "New" Bikes = 2.5X running miles

NOTE: if no strides do bike bursts or add 1 cross training miles (2mile on bike)

Distance 6miles, 13.5 miles (2.25x), 15 miles (2.5x)

Distance 7miles, 15.75 miles (2.25x), 17.5 miles (2.5x)

Distance 8miles, 18 miles (2.25x), 20 miles (2.5x)

Distance 9miles, 20.25 miles (2.25x), 22.5 miles (2.5x)

Distance 10miles, 22.25 miles (2.25x), 25 miles (2.5x)

## **TRAINING PACES**

ER-pace: comfortable

LR-pace: long run faster than easy

T-pace: fast but relaxed, 24-30sec + 5K pace

Med/long I-pace: 3-5K race pace

Short/med I-pace: 800m-1mile pace

Explosive from a nearly stopped pedal, high resistance

Recovery is 45seconds of easy pedaling