

This is a **RUNNING** exercise/training recommendation summary table designed especially for **YOU**-based on **YOUR** individual lab data

Training Session Type	Training Session Purpose	Exercise Duration	HR Training Zone	% Peak VO <sub>2</sub>
<b>Easy [E]</b>	Build resistance to injury in tissues; base building when starting out or returning to training following layoff; perform activity of interest with limited stress on mind and body; great developer of heart muscle; increased vascularization; extended duration @ comfortable pace	<b>30 minutes-2.5 hours</b> ; majority of training time at conversational pace; <b>25-30 %</b> weekly miles	<b>65-78% MHR</b>  <b>107-128</b>	<b>59-74%</b>
<b>Marathon Pace [M]</b>	Adjustment to specific pace to be used in a current marathon; practice drinking @ this pace; similar physiological benefits of Easy [E] training	<b>40-110 minutes</b> <b>15-20%</b> weekly miles	<b>80-90% MHR</b>  <b>134-138</b>	<b>75-84%</b>
<b>Threshold [T]</b>  Tempo Runs Cruise Intervals	Comfortably hard; allows clearance of blood lactate and maintenance below a manageable level; improve endurance dealing with a more demanding pace for prolonged time periods; or increased duration @ a specific pace	<b>20 minute</b> maximum; <b>5-20 minutes</b> ; <b>5:1 W/R</b> ratio; <b>10%</b> weekly mileage	<b>88-90% MHR</b>  <b>144-148</b>	<b>86-88%</b>
<b>Interval [I]</b>	Maximize aerobic power [increasing VO <sub>2</sub> Max]	<b>5 minute</b> maximum; <b>1:1 W/R</b> ratio; ~ <b>8%</b> weekly mileage	<b>97-100% MHR</b>  <b>159-164</b>	<b>95-100%</b>
<b>Repetition [R]</b>	Improve anaerobic power, speed, economy of effort	<b>2 minute</b> maximum; <b>1:2-3 W/R</b> ratio; less of <b>5 miles</b> or <b>5%</b> of weekly mileage	<b>MHR</b>  <b>164</b>	<b>105-120%</b>