

## Training Intensity Zones

USOC Names	RECOVERY	ENDURANCE	LT	VO2 MAX	INTENSIV E REPS
<b>Characteristics, other names</b>	Fat Oxidation, light intensity	Aerobic, moderate intensity	LT, moderately high intensity	Aerobic Capacity, very high intensity	Anaerobic Endurance, explosive, all out effort
<b>Using for TNT</b>	1 Warm-up, talking easy	2 Short conversations comfortable	3 1-2 word sentences possible	4 Can't talk, only cuss	5 Max effort
<b>Descriptions</b>	To promote recovery during high intensity intervals or glycogen- depleting over distance workouts. "Easy" is the important thing to remember.	To develop peripheral training adaptations: increase fat metabolism, increase number of aerobic enzymes. "Talking pace" is the coaching cue.	To increase lactate threshold (%VO2 Max at LT) and maximal aerobic capacity. Improve efficiency (same speed, lower heart rate than a previous marker). "Broken conversation"	To increase stroke volume, increase maximal aerobic capacity, and lactate tolerance (buffering capacity). "Broken conversation" ceases. Tingly or heavy muscles likely.	To increase anaerobic capacity and buffering capacity. Point of exhaustion and acute muscular overload.
<b>Intensity as it relates to LT (stated as beats per minute)</b>	30-50 bpm below LT	10-30 bpm below LT	LT + or - 5 bpm	LT + 6 to VO2 max bpm	VO2 Max
<b>Intensity as it relates to LT (stated as mmol/L)</b>	2-3 mmol/L below LT	1-2 mmol/L below LT	at LT	1-2 mmol/L above LT	2-6 mmol/L above LT
<b>"easy to remember in bpm"</b>	-40 below LT	-20 below LT	-10 up to LT	LT up to max	VO2 Max

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JD VDOT	E	L	T	I	R
<b>VDOT Descriptions</b>  <b>USE VDOT TABLES FOR T, I and R pacing</b>	Easy run in which striders are 20-30" quick, light runs with 1' RI	Long run, which is at E pace	Threshold, which is comfortably hard and at a speed that could be raced for 50- 60' (~ 10K pace)	Interval pace, "hard" and at a speed that could be raced for 2-3 miles	Repetition, which is approximately your <i>current</i> mile race pace, equal or more recovery @ E
<b>Perceived Effort</b>	1 Warm-up, talking easy	2 Short conversations comfortable	3 1-2 word sentences possible	4 Can't talk, only cuss	5 Max effort