

ZONE WORK OUTS

DISTANCE

NEGATIVE SPLITS

SPEED

WARM UP

2 zone Warm up pace - 10 min
Nice easy pace. Don't push yourself...yet.

3-6 zones Build pace - 1 min each
Build through HR zones. Give a 1 min effort in each zone.

2 zone Recover - 2 min
Back to a nice easy pace.

MAIN EFFORT

4 zone 80% distance
Take this right up to your LTHR and hold it there.

5 zone 10% distance
Burn the match, push hard.

3 zone 10% distance
Recover from the match.

X5

COOL DOWN

2 zone Cool down pace - 10 min
Nice easy pace. Rest, you deserve it.

WARM UP

2 zone Warm up pace - 10 min
Nice easy pace. Don't push yourself...yet.

5 zone Drills - 1 min each
Pushing hard but not all out. Focus on a skill. For running this might be strides, on a bike it might be climbs. } X3

2 zone Recover - 2 min
Back to a nice easy pace.

MAIN EFFORT

3 zone 33% distance
Start out nice and easy. This will feel really slow. Fight the urge to go faster. You will need your strength at the end.

4 zone 33% distance
Move it up to a regular pace. Hold it here at your LTHR.

5 zone 33% distance
Push past your LTHR.

6 zone 2min Sprint to the finish
Give it what you have. The finish line is right there!

COOL DOWN

2 zone Cool down pace - 10 min
Nice easy pace. Rest, you deserve it.

WARM UP

2 zone Warm up pace - 10 min
Nice easy pace. Don't push yourself...yet.

3-6 zones Build pace - 1 min each
Build through HR zones. Give a 1 min effort in each zone.

2 zone Recover - 2 min
Back to a nice easy pace.

MAIN EFFORT

4 zone 80% distance
Your typical pace.

2 zone 20% distance
recovery.

5 zone 80% distance
Faster than your average pace. Pushing hard.

2 zone 20% distance
recovery.

4 zone 80% distance
Your typical pace.

2 zone 20% distance
recovery.

X3

COOL DOWN

2 zone Cool down pace - 10 min
Nice easy pace. Rest, you deserve it.