



Run Descriptions

Type		Description	Effort Level
LR	Long Run	A effort/pace that is sustainable for the entirety of the distance required, the aim is to feel like you have some left in the tank when you finish.	5/10 - 6/10
E	Easy/Recovery	A low effort pace used to steadily increase/decrease Heart Rate and Breathing Rate at the beginning or end of a training session.	5/10 - 6/10
ST	Steady	The effort level should be comfortable but above what you use as warm up or recovery pace, use this pace to think about technique and running efficiently.	6/10 - 7/10
THR	Threshold	The aim is to develop tolerance to running at an increased pace for longer periods of time, Threshold pace is a sustainable hard effort that you can maintain without form breakdown.	7/10 - 8/10
INT	Intense	These intervals will be run at a hard pace for short periods of time followed by a recovery period, they should feel somewhat uncomfortable. Use your recovery periods sensibly.	8/10 - 9/10
H	Hill Repeats	The hill you use should be of a gradient that you can run the full distance. (30s to 2 mins dependant on where you live) Use the downhill as recovery (walk or easy run) and repeat for specified period.	N/A
PR	Progressive	The first mile will act as preparation (warm up) and then you will attempt to run each subsequent mile faster than the previous. (Don't start out too fast!)	N/A
	Back to Back	The two training sessions if possible to be done with the shorter distance followed by the longer distance the following day. This is to get accustomed to running with varying fatigue in the legs.	N/A