



Workout Chart

Workout	Duration	Difficulty	Description	Perceived Exertion 1-10	Conversation ability	Pace	Heart Rate
Easy Run	30 mins to 4 hours	Easy	Feels easy and relaxed, able to maintain for long runs	2 - 3 /10	Should be able to converse throughout the whole run	Relatively slow and easy	15-25 bpm < Lactate Threshold
Steady Run	20 mins to 1 hour	Moderate	Feels more like "running." Increased breathing and heart rate.	3 - 4 /10	Conversation less easy but manageable.	Marathon Race Pace	10-15 bpm < Lactate Threshold
Tempo Run	15 - 40 mins	Somewhat Hard	Hard but sustainable, harder breathing.	4 - 5 /10	Hard to converse. Possible through short breaths.	10K to Half Marathon Race Pace	2-5 bpm < Lactate Threshold
Long Intervals	5 – 10 minutes	Hard	Feels hard to maintain pace. Mentally and physically challenging.	5 - 6 /10	Very little or No conversation, concentration required.	5K to 10K Race Pace	At Lactate Threshold
Short Intervals	2 – 5 mins	Very Hard	Short fast repeats, track work. Feels painful.	7 - 8 /10	No conversation possible, working and breathing too hard	1 Mile to 5K Race Pace	Above Lactate Threshold – at VO2 max
Hill Repeats	1 – 3 mins	Hard	Feels hard to maintain pace. Mentally and physically challenging.	7 - 9 /10	Very little or No conversation, concentration required.	5K to 10K Race Pace uphill	Above Lactate Threshold – at VO2 max
Speed Work	30 – 90 seconds	Very Hard	Very short fast repeats, legs turning over fast.	9 - 10 /10	No conversation possible, working and breathing too hard	1 Mile Race Pace or faster	Above Lactate Threshold – at VO2 max