

Training Studio Run/Walk Program guidelines

Training pace workouts:

Start with a slow to moderate pace for 5-10 minutes warming up. Continue the remaining portion of the run with an intensity of 70-80% of maximum heart rate. This means being able to hold a broken conversation. Training pace is slightly faster than “Long run” pace and should be very comfortable. Follow this with a five-minute cool-down.

Race pace workouts:

Start with a slow to moderate pace for 5-10 minutes warming up. Continue the remaining portion of the run with an intensity of 80-90% of maximum heart rate. You should feel out of breath, but not hyperventilating. Race pace should be slightly faster than “Training” pace. Follow this with a five-minute cool-down.

Speed pace workouts (Intermediate & Advanced Levels only):

Start out with a 5-10 minute warm-up followed by 800 meter or 1 mile repeats (based on whether you are training for the half or full marathon). The repeats should be very high intensity, with a heart rate intensity of 90-100% of maximum. These repeats are not fun but are an important part of training and can help you become a faster runner. Gasping for breath and praying to be put out of your misery are normal feelings. Remember to recover with a slow jog for approximately two minutes after every repeat. Follow this with a five-minute cool-down. On days listed with mileage only, utilize your TRAINING pace, not the SPEED pace.

Long run pace workouts:

Long runs are designed only with endurance in mind. When in doubt, always steer on the slower side. Try to resist the urge to run faster. Running too fast on the weekends will cause your stamina for training during the week to deteriorate. This lack of energy/stamina will increase the chances of injury. Heart rate levels are very low (60-75%) during these workouts. Those pacing correctly should be able to hold a complete conversation without gasping for air. When the long runs are on an EASY week, it is ok to speed it up a little closer to your race pace.

XT workouts:

These workouts are designed to give your joints a break from the pounding involved with running. Stimulating change in the body by engaging in several different types of training (cross training) makes for a stronger, less injury prone athlete. Here are a few examples of cross training: swimming, weight training, biking, elliptical trainer (EFX), low-impact aerobics, rowing, yoga.

Cross training workouts should be forty-five minutes to an hour in length.

ALWAYS REMEMBER TO STRETCH OUT AFTER EVERY TRAINING SESSION

For more detailed information regarding any of the above training zones, please do not hesitate to contact one of your friendly Training Studio representatives.

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