

## Training Zones

When analyzing your training practices, ask yourself “Am I training to get faster? Am I training to recover? Or am I just training to make myself tired?” Efficient training means training with a purpose and utilizing the correct energy systems to achieve your desired goals. Training to make yourself tired simply wears your body down and provides minimal actual training gains. This can be most properly monitored using the *5 Training Zones*:

- Zone 1 = Recovery zone (~50-60% max heart rate)
- Zone 2 = Basic Endurance (~60-70% max heart rate)
- Zone 3 = High Endurance (~70-80% max heart rate)
- Zone 4 = Anaerobic Threshold (~80-90% max heart rate)
- Zone 5 = High Power (~90-100% max heart rate)

To maximize performance gains, the majority of your training should take place in Zone 1 or Zone 4. Learning how to pace your runs is important for efficient and effective training. Before we can learn how to run fast, we must learn how to run slow and recover.

Each training zone is typically represented by a range of values based on a percentage of your maximal heart rate or heart rate reserve. However, if you do not have a heart rate monitor, there is a template available at <http://www.2peak.com/tools/mas.php> that allows you to calculate training zones based on a 2K time trial. At Craven SPORT services we can help you determine your appropriate training zones to better guide you through your training and help you to achieve your goals!