

luluRun OTTAWA MARATHON

Each workout in this training plan has a purpose. There are no junk miles! The purpose of each run is described by its intensity. The intensities of the workouts are either recovery (ZR), endurance (Z1), tempo (Z2), speed (Z3)

Recovery (ZR) = Easy Run (recovery zone) m

Pace: 30 seconds to one minutes slower per KM than half marathon goal pace

% Max heart rate: 65 to 70%

Perceived Effort: 3 to 4/easy

Talk Test: Complete conversation

Endurance (Z1) = Training Run (aerobic zone) – steady state run slightly slower than your half mararthon pace

% Max heart rate: 75 to 85%

Perceived Effort: 5 to 6/moderate

Talk Test: Full sentences

Tempo (Z2) = Tempo Run (threshold zone) vLT – steady state run between your 10K and Half Marathon pace

Tempo runs are done to simulate race pace and are held for the duration. It's important to do a proper 10-15 minute warmup, then begin pushing as you would in a race, followed by a cooldown.

example: 30-45 minute run at race pace, no breaks

% Max heart rate: 88 to 92%

Perceived Effort: 7 to 8/hard

Talk Test: A few words at a time

SPEED (Z3) = Speed Run (VO2 zone) – short intervals slightly faster than you 5K

To begin, do a proper ZR-Z1 warm up for 10-15 minutes. Once you are ready, pick the speed up to a controlled short distance sprint – example below. It is important to take as much rest as necessary between sets to be able to maintain the intensity for each interval.

example: 8 x 1 min = 8 x 1 min sprint with 1-2 minutes rest (easy walk) between each sprint

Warming up and cooling down is key!

Pace: 20 to 30 seconds faster than 5-K pace

% Max heart rate: 95 to 100%

Perceived Effort: 8 to 10/very hard

Talk Test: you're kidding

*****LISTEN TO YOUR BODY, IF IT'S TIRED REST*****

ALWAYS HYDRATE AND REFUEL