

| Endur Corner | RPE 6-20 | RPE 1-10 | % max HR       | GA's        | GA's LD.              | Lact. [mmol/ltr] | Friel Zones  | Maffe- tone | Lactate [mmol/ltr] | VT/LT                | % Effort | Pace Daniels      | Step/ Breath |
|--------------|----------|----------|----------------|-------------|-----------------------|------------------|--------------|-------------|--------------------|----------------------|----------|-------------------|--------------|
| Easy Steady  | 10       |          | 65-72          | GA1 60-75   | GA1 66-79             | 1.5-2            | 1            |             | 0.7-1.5            |                      | 25       | Easy              | 4            |
| Modrtly Hard | 13       | 3-4      | 72-80          | GA1/2 75-85 |                       | 2-3              | 2            | MAHR        | 1.0-2.5            | 56-75%<br>76-80%     | 50       |                   | 4            |
| Hard         | 15       | 5        | 80-85<br>85-92 | GA2 85-95   | GA2 79-86<br>EB 86-91 | 3-6              | 3<br>4<br>5a |             | 2-4<br>3-5         | 91-100%<br>100-105%  | 75       | Marathon<br>Tempo | 3            |
| Vry Hard     | 17       | 7        | 92-100         | WSA 95-100  | SB 92-100             | > 6              | 5b<br>5c     |             | 5-15<br>10-20      | 106-120%<br>121-150% |          | Intervals<br>Reps | 2            |
| 19           | 10       |          |                |             |                       |                  |              |             |                    |                      |          |                   |              |

RPE=Rate of Perceived Exertion

GA=Grundlagenausdauer - Basic endurance zone 1 and 2

MAHR=Maximal Aerobic Heart Rate

VT/LT=Ventilatory/Lactate threshold

**No warranty for correct numbers - I'm a big picture person**

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