

Training Concepts by Steve Vernon

Aerobic runs – Ranging from slow and easy ‘recovery’ runs to runs approaching higher intensities but below anaerobic threshold training.

- Great for recovery runs and early season aerobic build up.
- Different intensities should be used.
- Medium intensity aerobic runs should form the basis of your training for much of the year.

Sub-Threshold runs – Also known as marathon paced runs. These are slightly slower than threshold but a lot more comfortable and are at the top end of the aerobic run spectrum.

- They can give all the benefits of the threshold run without going over the top and pushing too hard.
- These runs can be over 30mins and up to around 60mins.
- They can be run 1 to 2 times per week in the endurance build up phase.

Threshold runs – Also known as ‘Tempo’ runs. Often described as comfortable hard and is very close to the maximal pace a well conditioned runner can run for 60mins.

- These runs should be 20 – 30mins max.
- Threshold is approximately 85% of your maximum heart rate.

VO₂ Max Intervals - VO₂ Max intervals are very effective when performed for 2 – 5 minutes, with equal or shorter time recoveries. For interval sessions at VO₂ Max pace each repetition has a recovery generally equal to or shorter than the duration of the repetition. VO₂ Max speed can be held for 8 – 10mins, therefore 3,000m is 100% VO₂ Max.

- 5,000m pace (95% VO₂ Max pace) is very safe and effective, yielding all the benefits without the dangers of overdoing it at 100% VO₂ Max work (3,000m) pace. Any faster we are training at an even higher anaerobic (Lactic) rate with increased acidosis.
- VO₂ Max intervals should be run after the bulk base phase but using a progression into them via upper limit threshold intervals.
- Example VO₂ Max interval session - 6 x 1,000m (2min jog recovery).

Lactic Repetitions – These are intervals that are considerably faster and shorter than VO₂ Max intervals with a much needed recovery that is far longer than the interval duration.

- They are run at glycolytic anaerobic pace (800m – 1500m pace).
- They are very anaerobic in their effect and should never be run in an aerobic base period. E.g. 8 x 400m (3min recovery).

Leg-Speed Drills – These are very short intervals (generally less than 10 sec) that use the alactic anaerobic system where little acidosis is possible.

- They are very effective and safe to use year round as long as you use a good recovery walk or jog of over 30 seconds.
- They increase power, muscular efficiency and speed.
- Ensure you are not too tired when performing these. E.g. 8 x 10sec hill sprints.