

# Run Field Test to Set Training Zones

This is a simple 30-minute test that you can do for determining heart rate and pace zones for the run for use with an [ENDURANCEWORKS](#) training plan. This test should be performed on a constant course (relatively flat with no stops) such as a track or indoors on a trainer or treadmill.

Please note that if you are new to triathlon training, have been inactive for a prolonged period of time or are not yet able to maintain a sustained 30-minute effort, we recommend that you use Rate of Perceived Effort during the first 4–6 weeks of your training program before performing this field test.



## Preparation

1. Make sure that you are well rested from training before the test.
2. Any workouts the day before the test should be very light.
3. Don't eat or consume caffeine for three hours before the test and be well-hydrated.
4. Be sure to use a fan if you're running on a treadmill so that you do not overheat.

## Test Protocol

1. Prior to starting the test, warm up easy to moderate for at least 10 minutes.
2. Run for 30 minutes continuously. The challenge will be proper pacing. You ideally want to pick an effort / pace that you can maintain throughout the 30-minute duration. If you slow down a lot at the end, you started too fast.
3. If using a heart rate monitor:
  - a. Note your heart rate at 10 minutes, 20 minutes and at the end of the test.
  - b. Take the average of the three data points.
4. If using a device that measures pace:
  - Note your average pace for the full 30 minutes.
  - Your average pace is your pace at lactate threshold (LT-Pace).
5. Once you are finished, warm down easy by jogging slowly then walking.

## Calculate Your Training Zones Using Heart Rate

TrainingPeaks will calculate your training zones for you:

- Login to your TrainingPeaks account.
- Click on your name in upper right-hand corner for drop down then select “Settings.”
- Click on “Zones.”

### ***Heart Rate Training Zones***

The average heart rate that you observed during your test is a good estimate of your lactate threshold heart rate (LTHR). Lactate threshold is the heart rate above which acidosis occurs — your muscles will feel heavy with a burning sensation and your breathing becomes labored.

To calculate your heart rate training zones:

- Click on “Add Activity” under “Heart Rate.”
- Choose “Running.”
- Enter your LTHR from your test.
- Under “Choose Type,” select “Lactate Threshold.”
- Under “Method,” choose “Joe Friel for Running (7)” then click on “Calculate.”
- Click on “Apply” to save your run heart rate training zones.

Please note: We only use Zones 1-5 in workouts the training plans (Z5 in a workout refers to Z5a in the zones calculation).

### **Pace Training Zones**

The average pace that you maintain for 30 minutes is equivalent to your pace at lactate threshold (LT-Pace). LT-Pace is the pace you can maintain for about 45-60 minutes in a race.

To calculate your pace training zones:

- Click on “Add Activity” under “Speed/Pace.”
- Choose “Running.”
- Enter your average pace in kilometers per hour (kph) from your test. Note: You can convert miles per hour to kilometers by typing in “convert X.X mph to kph.”
- Under “Choose Type,” select “Threshold Speed.”
- Under “Method,” choose “Joe Friel for Running (7)” then click on “Calculate.”
- Click on “Apply” to save your run pace training zones.
- Please note: We only use Zones 1-5 in workouts the training plans (Z5 in a workout refers to Z5a in the zones calculation).

## Additional Notes

Finally, be sure to cross-reference your training zones with Rate of Perceived Effort (RPE) to ensure that your training zones make sense:

<b>ZONE</b>	<b>RPE (6-20 SCALE)</b>	<b>DESCRIPTION</b>
Z1	10-12	Fairly light effort
Z2	12-14	Moderate effort
Z3	14-16	Moderately Hard
Z4	16-18	Hard
Z5	18-20	Very Hard

Do your training zones match the description of perceived effort for each zone?

If not, you may need to adjust your training zones up (or down) slightly to better match RPE. Keep in mind that setting training zones is not an exact science – as long as you are in the ballpark for your training zones then you will get the desired training effect.

## WAIVER OF LIABILITY

What you are about to undertake is a fitness program. Injuries may occur in any exercise program, as with this specific program written by David Glover, Krista Schultz and ENDURANCEWORKS, LLC. By downloading and using this program, you are waiving any liability to David Glover, Krista Schultz or ENDURANCEWORKS, LLC. This is a training program that has worked for many others, but it may not be right for you. It is recommended that you consult a physician before undertaking any new fitness regimen.