

Outlay of FastForward's Training Zones

Zones	Heart Rate	Pace	Description	% of Total Training	Also sometimes called:	Effort	Conversationability
Zone I	Below 78% of 4-mile avg.	Pace is > 90 sec. slower than mid Z3	This is aerobic training for muscle endurance in the running muscles. This zone includes walking & relaxed running. The less total training done, the more training should be at this intensity.	60%	EZ, or easy, or aerobic, Long run, > 40 bpm below LT, or warm up, cool down pace, or over distance, or endurance.	Very easy to easy	As much as you like.
Zone II	80% - 92 % of 4-mile avg.	Pace is 30-50 seconds slower than mid Z3	The lower end of this zone should approximate your "marathon" effort and the upper end will be about your "half marathon" effort.	10-15%	IR, or Intermediate running pace, or marathon/half marathon effort/pace, tempo or aerobic threshold	Moderate	Occasional short sentences.
Zone III	93% - 102% of 4-mile avg.	Pace is the 'steady state' pace from a 4-mile Time Trial and up to 20 seconds per mile swifter	The lower end of this zone should approximate your "10K" effort and the upper end will be about your "5K" effort. This is lactate threshold (or slightly faster) training. This is more intense training at a heart rate determined ideally by an accurate field or laboratory test (or recent race or TT results).	10-12%	Anaerobic Threshold, AT, AT+, LactateThreshold, Functional Threshold, LT, Vo2Max, interval training.	Hard to very hard	A few words here and there.
Zone IV	Heart rate will not reflect effort, but can show heart rates above 102% of 4-mile avg.	Pace is more than 20 sec. faster than Z3	This is the most physically challenging of run workouts & is normally associated with training at 5km race pace/effort & faster This type of training should not exceed 8% of total run training volume.	6-8%	Speed work, 5km & faster pace, track work, red line work, all out effort, repetition training.	Very hard to extremely hard	Unintelligible, monosyllabic sounds.