

Birkie Training Plans 2014-15

* Note: These HR levels are all approximate guidelines and are different for everyone.

<u>lvl</u>	<u>Training Zones</u>	<u>HR</u>	<u>Effort Loads</u>	<u>Physiological Adaptations</u>
1	Easy/ Recovery/OD	65-74% of Max	Taking it easy, recovery, long over distance, early season focus.	Develops cardiovascular system, increases blood capillarization, promotes fat utilization
2	OD/Strength	75-80% of Max	Over distance workouts, strenght workouts	Increases energy utilization, promotes muscle cell adaptations
x	Dead Zone	81-85% of Max	"kind of hard"	Not efficent use of time - try and avoide
3	Threshold Intervals	87-92% of Max	Tempo sessions, long intervals (10 mins+), race situations	Improves endurance, Increases carbohydrate utilization. Further increases capillarization
4	Intensity Intervals	93-96% of Max	3-6 minute intervals, stressing the aerobic system	Imrpoves speed & economy of movement + buffering/recovery ability-helps to deal with hard stressors in race situations etc
5	Vo Max Efforts	97-100% of Max	Well, as it sounds - going as hard as you can., Short intervals (up to 30sec), running/skiing economy, Speed sprints and strides.	Get good at going fast, moving fast, being fast!

Level 1 (Endurance): This is the easiest training zone This is your over and general distance work out zone early in the season. The vast majority of training is done in this zone (60-70%).

Level 2(Endurance/Strength): A place for later in the year Over Distance, and a general location for strenght training.

Level 3(Intensity): This level is referred to as the Lactate Threshold or Steady State Zone. The work level in this zone will usually be intervals any where from 5-20 min. in duration depending on the time of year. This is usually 5-10 bpm below your 10k race pace. This could be your Birkie race pace.

Level 4(Intensity): This level is referred to as VO2 max interval work. Work at this level is usually 3-6 min. in duration and is at or up to 5 bpm above a 5K race pace.

Level 5(Speed): This level is your maximum effort and work at this level lasts from :15sec. to one minute in duration.