

How the SRRA Monday Night Runs Work

The Saskatoon Road Runners Association holds a Running Group on Monday nights. Everyone who participates is to meet in the Mendal Art Gallery Parking lot. The runs are created by Craven SPORT services, and include time trials four times a year. You are given the choice to do the Recovery Run, Speed Run, or Aerobic Power Run. There are usually 2 options for each of these types of runs. Option 1 is generally for more intermediate-advanced runners, and Option 2 is generally for beginner runners.

There is always a whiteboard with the workouts on it brought to the sessions, and the workouts are also posted on the SRRA Calendar. An example of what you would see on the board would be:

Workout	Recovery	Aerobic Power	Speed
OPTION 1	45' HR <140 CADANCE @180 2' ON/1' OFF RUN TIME = 45'	20 x 90" @ 2K pace 60"@ 1/2 and 1/2	Complete 2 sets of 7 x 30" ON 2' Recovery
OPTION 2	30' HR <140 CADANCE @180 2' ON/1' OFF RUN TIME = 30'	12 x 90" @ 2K pace 60"@ 1/2 and 1/2	Complete 2 sets of 4 x 30" ON 2' Recovery
Description KEY: 20' = 20 min 30" = 30 sec	Run at a nice, easy recovery pace for the time shown.	Z4 = AT Pace HR 160+ Z1-2 = Recovery Pace HR <140	Sprint = FAST but consistent Z1-2 = Recovery Pace HR <140

SRRA – How to Interpret the Run Workouts

Aerobic Power workouts

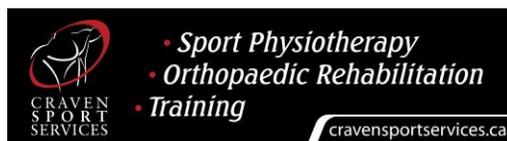
- Running Performed at Zone 4
- Rest intervals performed at Zone 1 or complete rest depending on your recovery
- Set Breaks are meant to be a complete rest and break from activity.

Speed workouts

- Running Performed at Zone 5
- It is important during your speed intervals to maintain a consistent pace; the rest is essential for recovery in order to perform the speed work at your maximum potential effort.
- If you are not recovered, you will only be training to become slower!

Recovery

- Running Performed at Zone 1, heart rate less than 140bpm



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- To learn to run fast, it is just as important to learn how to run slow and recover.

Examples:

Aerobic Power workout 4 x 6'
3' SB

What does this mean? You will run for 6 minutes then take a 3 minute set break (SB) before repeating the 6 minute run for a total of 4 sets.

Aerobic Power workout 5 x 1 km
3' SB

What does this mean? You will run for 1 kilometer then take a 3 minute set break (SB) before repeating the 1 kilometer run for a total of 5 sets.

Aerobic Power workout 2 x [10 x 20"/30"]
5'SB

What does this mean? You will run and repeat the cycle of 20 seconds on with 30 seconds rest for a total of 10 times before taking a 5 minute break and repeating the cycle of 10 repetitions again.

Speed workout [30"/3' SB x 4] x 3
5' SB

What does this mean? You will perform speed intervals of 30 seconds with a 3 minute rest in between for 4 repetitions. This is followed by a 5 minute set break before you will perform the entire set 3 times total.

What are Training Zones and How do I use them?

Training Zones are a way of controlling the intensity of a workout. In general there are 3 ways to monitor and control your exercise intensity:

- Heart Rate Zones – These are zones based off of your heart rate. They can be calculated using your Estimated Max Heart Rate and your Resting Heart Rate. To Calculate your Heart Rate Zones use the following formula's

- o 220-Age = Max HR

- Example: For a 40 year old Adult:
 $220-40 = 180\text{bpm}$

- o Karvonen Equation:

$(\text{Max HR} - \text{Resting HR}) \times (\text{intensity}) + (\text{Resting HR})$

Example: for the same 40 year old Adult for Zone 2:

$= (180 - 60) \times (.60) + (60)$

$= 120 \times .60 + 60$

$= 72 + 60$

$= 132 \text{ bpm}$



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$$\begin{aligned}
&= (180 - 60) \times (.70) + (60) \\
&= 120 \times .70 + 60 \\
&= 84 + 60 \\
&= 144 \text{ bpm}
\end{aligned}$$

So if this individual was to run at Zone 2 they would need to run at a speed that would keep their heart rate between 132 and 144bpm.

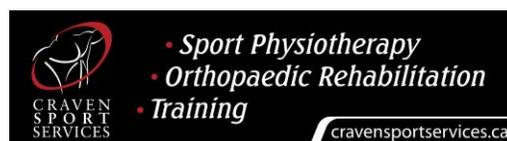
- Rate of Perceived Exertion (RPE or Borg Scale) – This is done by paying attention to how your body feels during your run. If you are tiring quickly and you are supposed to be doing a recovery run, you are going too fast. If you feel like the run is really easy and you're supposed to be working on speed, you're running too slowly. An example of an RPE scale is given below:

- 6 no exertion at all
- 7 extremely light
- 8
- 9 very light
- 10
- 11 light
- 12
- 13 somewhat hard
- 14
- 15 hard (heavy)
- 16
- 17 very hard
- 18
- 19 extremely hard
- 20 maximal exertion

- Running Pace – This is monitoring your intensity through controlling your running pace. This is the most reliable method to use. Your running pace for each zone is determined using your 2km time. If you wish to use running pace in your training zones, you will have to complete a 2km Run and email your time to complete the 2km to Erin @ erin.css@sasktel.net Erin will create a summary sheet for you that outlines your 5 zones using your pace.

Training Zones

Training Zone	Intensity	Heart Rate	RPE/Borg Scale	Running Pace
Zone 1 (Recovery)	VERY EASY – Walking	50-60%	6-8	Based on 2K time
Zone 2 (Basic Endurance)	EASY –Brisk Walk or light jog	60-70%	9-11	Based on 2K time
Zone 3 (High Endurance)	MODERATE – Jogging	70-80%	12-14	Based on 2K time
Zone 4 (Anaerobic Threshold)	HARD – Generally your race pace or 10k pace	80-90%	15-17	Based on 2K time
Zone 5 (High Power)	VERY HARD – Sprinting – running faster than your race pace	90-100%	18-20	Based on 2K time



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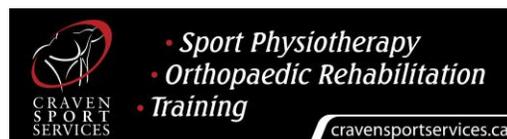
How to Use the Running Summary

The Craven SPORT services Running Pace and Time Summary is a worksheet designed to help you find and train at the paces that are appropriate for you. Each summary is completed individually based on your total time to run 2km.

Once you complete your first 2K test, your time is entered into the boxes labelled “last 2K test” and “Personal best time” for the 2K and your average pace is calculated for the 2K test. From there your time is entered into the 2peak.com calculator (website link on the sheet) and the paces for your High Power (200m, 400m, 1000m), Recovery, Basic Endurance, High Endurance, Anaerobic Threshold, and High Power training zones are recorded. These paces are then entered into the appropriate boxes to show you the paces for these training zones. You will see times in seconds matched up with distances; these are telling you that if you run at “X” pace for each distance it should take you “X” seconds to complete the distance.

There are also boxes for 5K, 10K, Half Marathon, and Full Marathon distances. If you have run one of these distances before you can enter in your time, to see your average pace. If you wish to run one of these distances and have a goal time in mind you can enter in the time into your “Goal time” to see what pace you need to be running at to accomplish your goal time.

Threshold Heart Rate (THR) and your Heart Rate Training Zones can also be calculated on the second tab using your heart rate taken at the end of your 2K test.



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