2016 Cross Country Coon Prairie Bike Trail 7:00 am

1 mile Tempo Pace#1 Coon Prairie Bike Trail 6:00 pm

Perceived effort workout

only data was record of HR

Thursday 8/18

Younger runners 1 mile @ tempo pace during a 3 mile run. Advanced runners did a second mile at tempo pace (same course for each paced run).

Athlete HR @ conclusion of 1 mile at pace Pace of 2nd Mile HR @ conclusion of 2nd mile

Savannah 160

Brynn 152 **Key**

Dani 174 **Green = appropriate tempo HR**

Evie 160 **Red = too fast tempo HR**

Cassie 160 **Blue = too slow tempo HR**

Riley 192

Justice 136

Kelsie 192

Sarah 184

Evan 140 200

Derek 180

Griffin 80

Kooper 96

Ryan 156

Sydney 168 184

Lexi 192

CC 128

Brendan 160

Kade 148

**Abbey 140 168**

Julianne 180 188

Erinn 136

Bradley 176 188

**Roman 108 132**

Erik 140

**Kyle 140 5:50 160**

**John 128 5:34 196**

Kin 184 188

Missing: Hayden, Melody, Liza, Haakon, Ryla, and Elena

MHR=217-(.85-age)

Average for each of you is a Max Heart Rate of about 204

**Training Intensities**

**Easy Run 204 X .60-.75% =122-153**

**Tempo Pace 204 X .75-.85% =153-173**

**Interval 204 X .85-.95% =173-193**

**Repetitions 204 X .95-100% =193-204**