Wednesday, 8/21

9:00AM

4 X 1000 repeats with decreasing pace (2:00 -2:30 rest between reps).

Comments:

1. Trust the process!
2. Do not find yourself trying to compare to others. You are each different athletes with different backgrounds and personal goals.

Training zones / pace chart

HR per 15 second count Heart Rate Description Explanation

30 beats 120 Easy run Sustained efforts hour+

 35 beats 140

 40 beats 160 Tempo pace (comfortably hard) Efforts of 40-60 minutes

 42-43 beats 170 Cruise Intervals / Threshold

 45 beats 180 Race Pace

 50 beats 200 Sprinting Sustained during short bursts

Athlete 1st K 2nd K 3rd K 4th K HR after last effort

**Ellen 5:40 5:10 4:50 4:33 45 (180)**

**Denali 5:40 5:10 4:50 4:33 45 (180)**

**Meghan 5:40 5:10 4:50 4:33 44 (176)**

**Audra 5:40 5:10 4:50 4:33 45 (180)**

Aubrey 5:40 5:10 5:20 5:22 41 (180)

Anna 5:40 5:10 5:50 Done 48 (192)

**Abbie 6:20 5:40 5:26**  cool down 34 (126)

Montana 6:20 5:40 5:40 cool down 40 (160)

Melody 6:20 5:54 5:50 cool down 48 (192)

Teagan 6:20 6:24 7:36 done 50 (200)

Brendan 4:15 3:56 3:52 3:56 40 (160)

Evan 4:15 4:00 4:04 4:08 40 (160)

Cooper 4:15 4:00 4:08 4:14 41 (164)

Manuel 4:15 4:00 4:08 4:20 42 (168)

Jhett 4:15 4:06 4:18 4:24 41 (164)

Andy 4:15 4:00 4:24 done --- (185)

**Taylor 4:43 4:24 4:06 3:42** 48 (192)

**Eli 5:05 4:41 4:40 4:25** 44 (176)

Levi 5:05 4:50 4:55 5:10 50 (200)

Lars 5:05 4:41 5:05 5:38 42 (168)

Conor 5:05 4:50 4:50 4:41 43 (172)

Blake 5:05 4:32 4:31 4:50 43 (172)