



WARSAW DISTANCE TRAINING

EASY AEROBIC ZONE 1	STEADY AEROBIC ZONE 2	TEMPO AEROBIC ZONE 3	THRESHOLD AEROBIC ZONE 3
VO2 (5K) ANAEROBIC ZONE 4	VO2 (3K) ANAEROBIC ZONE 4	REPS ANAEROBIC ZONE 5	FAST REPS ANAEROBIC ZONE 5

ENERGY SYSTEMS CONTRIBUTION FOR RACE DISTANCE

	400	800	1500	3000	5000
AEROBIC % ZONE 1 - 3	41%	60%	77%	86%	92%
ANAEROBIC % ZONE 4 - 5	59%	40%	23%	14%	8%

YEARLY TRAINING PHASES FOR XC & TRACK

JANUARY JULY	FEBRUARY AUGUST	MARCH SEPTEMBER	APRIL OCTOBER	MAY NOVEMBER	JUNE DECEMBER
PHASE 1 ZONES 1 - 2	PHASE 2 ZONES 1 - 3	PHASE 3 ZONES 1 - 4	PHASE 3 ZONES 1 - 4	PHASE 4 ZONES 1 - 5	PHASE 4 ZONES 1 - 5



TRAINING INTENSITY CHART

HS RACE EQUIVALENCIES		EASY	STEADY	TEMPO (90% of 5K)				THRESHOLD (95% of 5K)				VO2 (5K RP)				VO2 (3K RP)				REPS (1600 RP)				FAST REPS (800 RP)								
800	1600	3200	5K XC	Per Mile	Per Mile	1600	1200	1000	800	400	1600	1200	1000	800	400	1000	800	600	500	400	800	600	400	300	400	300	200	300	200	100	200	100
2:57	6:30	14:03	23:20	9:45 - 9:15	9:15 - 8:45	8:18	6:13	5:11	4:07	2:04	7:51	5:51	4:54	3:54	1:57	4:40	3:44	2:48	2:20	1:52	3:30	2:38	1:45	1:19	1:37	1:13	0:48	1:06	0:44	0:22		
2:55	6:25	13:52	23:02	9:40 - 9:10	9:10 - 8:40	8:11	6:08	5:07	4:04	2:02	7:45	5:47	4:51	3:51	1:56	4:36	3:41	2:46	2:18	1:50	3:28	2:36	1:44	1:18	1:36	1:12	0:48	1:05	0:43	0:21		
2:53	6:20	13:41	22:44	9:35 - 9:05	9:05 - 8:35	8:05	6:03	5:03	4:01	2:01	7:39	5:42	4:47	3:48	1:54	4:32	3:38	2:43	2:16	1:49	3:25	2:34	1:42	1:17	1:35	1:11	0:47	1:04	0:43	0:21		
2:51	6:15	13:30	22:26	9:30 - 9:00	9:00 - 8:30	7:58	5:59	4:59	3:58	1:59	7:33	5:38	4:43	3:45	1:53	4:29	3:35	2:41	2:14	1:47	3:22	2:32	1:41	1:16	1:33	1:10	0:46	1:04	0:42	0:21		
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