

## COACH BENSON'S WORKOUTS AND PERCEIVED EFFORT CHART

7 BASIC CONDITIONING WORKOUTS		PERCEIVED EFFORT FEELS LIKE	USED IN TRAINING PHASE(S)
<b>1</b>	<p><b>Slowly Slogging at 60%.</b> Maintains endurance while getting maximum recovery before a race</p>	It's very easy, like no work is being done. It's awkward to jog so slowly; it may be difficult to work up a sweat.	III & IV
<b>2</b>	<p><b>Just Jogging at 65 - 70%.</b> Helps muscles recover glycogen stores by burning fat as a primary fuel</p>	It's worth doing; you can at least work up a sweat. You can carry on a full conversation though you can hear your breathing. It's a fast jog and you are not tired at the end unless you run many miles.	I Thru IV
<b>3</b>	<p><b>Loping Long And Easy at 65 - 75%.</b> Develops and maintains local muscle endurance and mental patience</p>	It's a slow run; still easy to talk. If you do this for long distances, you'll be tired from such a long time on your feet and you might want a nap to recover. But it never feels difficult.	I THRU III

<p><b>4</b></p>	<p><b>Striding Steadily at 75 - 80%.</b> Prepares muscles and respiratory system for transition from aerobic to anaerobic running.</p>	<p>It's a faster pace but still easy enough to sustain "forever." You're breathing harder and are conscious of the faster turnover. You can still talk in short sentences between breaths; it's your half marathon pace.</p>	<p>II &amp; III</p>
<p><b>5</b></p>	<p><b>Running Rapidly at 80 - 85%.</b> Improves anaerobic threshold</p>	<p>You're running harder and huffing and puffing too hard to talk except in words or very short sentences. It's uncomfortable but sustainable for 3-4 miles and close to 30 seconds slower than you 5K race pace.</p>	<p>II &amp; III</p>
<p><b>6</b></p>	<p><b>Determined Dashing at 90 - 95%.</b> Increases O2 uptake capacity (MVO2) and self discipline to not go all out in practice.</p>	<p>It's very fast but not all out. No talking here! You must consciously work to run this fast. However, you have enough left to kick the last 100m.</p>	<p>III &amp; IV</p>

**7**

**Serious Sprinting at 100% of Max VO2.**

Improves lactic acid tolerance; get very, very tough mentally and learn to relax as you tie up.

It's significantly faster than race pace. Your legs are full of lead; you are tying up as you near the finish. You are close to full sprint speed. It's over so quick that it fools your HRM. For any further distance, it's very painful.

IV

**\* PERCENTAGES BASED ON AN INDIRECT MEASURE OF MAX O2 UPTAKE CALCULATED BY KARVONEN FORMULA. USE COACH BENSON'S THR CALCULATOR IF USING A HR MONITOR AT [WWW.COACHBENSON.COM](http://WWW.COACHBENSON.COM)**