

RERE

Copyright © 2020 by RERE Run

Supplementary Notes



Welcome to RERE

It is great to have you on the team! As a training partner of ours, we consider your success as our success and for that reason we have developed training plans that best cater to your needs. In order for you to be able to follow your training plan it is necessary that we cover a few key points. These notes describe everything you need to know to get you started.

Key Points

Keys to training success

Consistency: the factor that will have greatest influence on your training is consistency over time.

Aerobic Runs: Run easy on your easy days, run hard on your hard days. Avoid the temptation of 'racing' in training.

Time & Intensity. The combination of time and intensity is crucial to your training success.

Catch Up. If you miss a session, let it go, and move on with the scheduled programme. Playing catch up is almost never a good idea.

Sleep & Nutrition: Other than training itself, the two most valuable things you can concentrate on are sleep and nutrition.

RERE Test

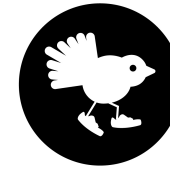
Find your training zones

Time and intensity are crucial to your training success. So, it is essential that you have an understanding of your training zones. In order to determine your training intensities the first week of your programme will include a RERE Test.

There are a number of different ways for you to complete this test.

5km Time Trial. Map out a flat to rolling 5km loop, or register for your local parkrun. After a good warm up, run the 5km as fast as you can. This will be approximately 8-9 out of 10 on a relative perceived exertion scale. Once you have done the test, refer to the Intensity Table to determine your training intensities. Your average pace for the 5km will determine your interval pace, and your average heart rate will determine your interval heart rate.

20min Maximum Distance Test. After a good warm up, run as fast as you can for 20min. This will be approximately 8-9 out of 10 on a relative perceived exertion scale. Once you have done the test, refer to the Intensity Table to determine your training intensities. Your average pace for the 20min will determine your interval pace, and your average heart rate will determine your interval heart rate.



RE RE

10km Time Trial. Map out a flat to rolling 10km loop, or register for a 10km race.. After a good warm up, run the 10km as fast as you can. This will be approximately 7-8 out of 10 on a relative perceived exertion scale. Once you have done the test, refer to the Intensity Table to determine your training intensities. Your average pace for the 45min will determine your threshold pace, and your average heart rate will determine your threshold heart rate.

45min Maximum Distance Test. After a good warm up, run as fast as you can for 45min. This will be approximately 7-8 out of 10 on a relative perceived exertion scale. Once you have done the test, refer to the Intensity Table to determine your training intensities. Your average pace for the 45min will determine your threshold pace, and your average heart rate will determine your threshold heart rate.

Training Zones

Understand your training zones

Firstly we must cover the training zones or intensities that will feature throughout the plan, and how to make them work for you. The training zones are the intensities that each training session will be performed at. Some sessions may vary, with different intensities featuring throughout the one session, others will be continuous training at the same intensity. Intensity measures the level of exertion throughout the session and can be measured using a combination of pace, heart rate and relative perceived exertion (on a 1-10 scale).

Absorption. This is your recovery zone. Runs at this intensity will be used as active recovery. As an example you may use this intensity the day after a race or challenging training session. The aim of runs at this intensity is to help the body to actively recover.

Aerobic. This zone will be your 'bread and butter' for a large percentage of your running. At this intensity, you should be able to have a conversation interspersed with deep breaths. At aerobic intensity, oxygen is our primary source of energy. For a well trained athlete this intensity should be able to be sustained for up to and above two hours.

Tempo. Your tempo zone is the intensity that you will use to race a half marathon. Tempo is higher intensity than aerobic though still sustainable for one to two hours for the well trained runner. This intensity will be used for continuous tempo runs, and longer tempo sessions.

Threshold. The threshold zone is the intensity that bridges the gap between what is sustainable and what is unsustainable. Scientifically this is the turning point from running using oxygen, to running unsustainably with insufficient oxygen and rapidly accumulating lactate. You will be able to maintain this intensity for a maximum of thirty to sixty minutes. For many, this intensity will represent ten kilometre race intensity.



RE RE

Interval. This zone is high intensity and only able to be sustained for short periods, typically this is used for repetitive bouts of three to ten minutes with similar length recovery. This is your five-kilometre race intensity and at its maximum is able to be sustainable for fifteen to thirty minutes. The purpose of training at interval intensity is to increase your tolerance to blood lactate allowing you to run at high intensity for longer.

Repetition. This is your most intense training zone, sustainable for a maximum of fifteen minutes and typically only used in faster speed workouts containing repetitions of less than three minutes, or races of less than fifteen minutes. Workouts at this intensity will feature longer recovery times and faster speeds.

Intensity Tables

Relative Perceived Exertion

1 - 10 scale



RERE

Absorption
(1-10)
3 - 5

Aerobic
(1-10)
4 - 6

Tempo
(1-10)
6 - 7

Threshold
(1-10)
7 - 8

Interval
(1-10)
8 - 9

Repetition
(1-10)
9 - 10

Heart Rate

beats per minutes (bpm)

Absorption
(bpm)
89 - 102
93 - 106
96 - 111
100 - 115
104 - 119
107 - 123
111 - 128
115 - 132
118 - 136
122 - 140
126 - 145
130 - 149
133 - 153
137 - 157
141 - 162
144 - 166
148 - 170

Aerobic
(bpm)
102 - 108
106 - 113
111 - 117
115 - 122
119 - 126
123 - 131
128 - 135
132 - 140
136 - 144
140 - 149
145 - 153
149 - 158
153 - 162
157 - 167
162 - 171
166 - 176
170 - 180

Tempo
(bpm)
108 - 114
113 - 119
117 - 124
122 - 128
126 - 133
131 - 138
135 - 143
140 - 147
144 - 152
149 - 157
153 - 162
158 - 166
162 - 171
167 - 176
171 - 181
176 - 185
180 - 190

Threshold
(bpm)
114 - 122
119 - 128
124 - 133
128 - 138
133 - 143
138 - 148
143 - 153
147 - 158
152 - 163
157 - 168
162 - 173
166 - 179
171 - 184
176 - 189
181 - 194
185 - 199
190 - 204

Interval
(bpm)
122 - 126
128 - 131
133 - 136
138 - 141
143 - 146
148 - 151
153 - 156
158 - 161
163 - 166
168 - 171
173 - 176
179 - 182
184 - 187
189 - 192
194 - 197
199 - 202
204 - 207

Repetition
(bpm)
126 - 140
131 - 146
136 - 152
141 - 158
146 - 164
151 - 170
156 - 176
161 - 181
166 - 187
171 - 193
176 - 199
182 - 205
187 - 211
192 - 216
197 - 222
202 - 228
207 - 234

Pace Threshold

minutes per kilometre (min/km)



RERE

Absorption
(min/km)
3:45 - 4:05
4:00 - 4:20
4:15 - 4:35
4:35 - 4:55
4:50 - 5:10
5:05 - 5:25
5:20 - 5:40
5:40 - 6:00
5:55 - 6:15
6:10 - 6:30
6:30 - 6:50
6:40 - 7:05
7:00 - 7:20
7:15 - 7:35
7:35 - 7:55
7:55 - 8:05
8:15 - 8:25

Aerobic
(min/km)
3:10 - 3:45
3:25 - 4:00
3:40 - 4:15
4:00 - 4:35
4:15 - 4:50
4:30 - 5:05
4:45 - 5:20
5:05 - 5:40
5:20 - 5:55
5:35 - 6:10
5:55 - 6:30
6:10 - 6:40
6:25 - 7:00
6:40 - 7:15
7:00 - 7:35
7:20 - 7:55
7:40 - 8:15

Tempo
(min/km)
3:00 - 3:10
3:15 - 3:25
3:30 - 3:40
3:45 - 4:00
4:00 - 4:15
4:15 - 4:30
4:30 - 4:45
4:45 - 5:05
5:00 - 5:20
5:15 - 5:35
5:30 - 5:55
5:45 - 6:10
6:00 - 6:25
6:15 - 6:40
6:30 - 7:00
6:45 - 7:20
7:05 - 7:40

Threshold
(min/km)
2:45 - 3:00
3:00 - 3:15
3:15 - 3:30
3:30 - 3:45
3:40 - 4:00
3:55 - 4:15
4:05 - 4:30
4:20 - 4:45
4:35 - 5:00
4:45 - 5:15
5:05 - 5:30
5:20 - 5:45
5:30 - 6:00
5:45 - 6:15
6:05 - 6:30
6:25 - 6:45
6:45 - 7:05

Interval
(min/km)
2:25 - 2:45
2:40 - 3:00
2:55 - 3:15
3:10 - 3:30
3:20 - 3:40
3:35 - 3:55
3:45 - 4:05
4:00 - 4:20
4:15 - 4:35
4:25 - 4:45
4:45 - 5:05
5:00 - 5:20
5:10 - 5:30
5:25 - 5:45
5:45 - 6:05
6:05 - 6:25
6:25 - 6:45

Repetition
(min/km)
2:05 - 2:25
2:20 - 2:40
2:35 - 2:55
2:50 - 3:10
3:00 - 3:20
3:15 - 3:35
3:25 - 3:45
3:40 - 4:00
3:55 - 4:15
4:05 - 4:25
4:35 - 4:45
4:40 - 5:00
4:50 - 5:10
5:05 - 5:25
5:25 - 5:45
5:45 - 6:05
6:05 - 6:25