POLY TRACK 2012

Training Zones Based on Max HR

HR*	% Max	Effort Description	Workout Description
180-200+	90-100%	Very hard to all out	Anaerobic/Lactate
160-180	80-90%	Hard to very hard	Anaerobic Threshold
140-160	70-80%	Comfortably hard to hard	Aerobic Threshold
120-140	60-70%	EZ to moderate	Aerobic Recovery
100-120	50-60%	Warm up & cool down	Warm up & cool down

***HR Boundaries** = fairly narrow zone transitions w/ slight variation w/ different athletes!

Very important… This threshold boundary zone (NOT HEART RATE) will rise w/ lots of medium to high end aerobic work! That means greater speed before crossing over into anaerobic!

Training Decagon!

Peak: Apr./May
Lower Mileage, Intervals, Reduce long Run & Tempo Runs

Season Focus: March/Apr.
Tempo Runs, Long Runs, Anaerobic Intervals , Racing!

Aerobic Strength Focus: Jan/Feb.
Hill Repeats, Tempo Runs, Aerobic Intervals, Long Runs, Maint. aerobic miles

Aerobic Base Focus: Dec. / Jan
Hill Loops, Tempo/Progression Runs, Long Runs, Building aerobic miles

Aerobic vs. Anaerobic Work: Aerobic means your body is working using oxygen. Very efficient process. Can sustain for long duration. Anaerobic means your body is working without oxygen. Very fast & powerful method but very short term & inefficient. By- product is Lactic Acid which when built up will quickly cease muscle contraction.

CODES:AR=Aerobic Recovery HL=Hill Loops HR=Hill Repeats AI=Aerobic Intervals SP=Sprints TP=Tempo/Progression TR=Track Race ST=Strides AnI=Anaerobic Intervals LR=Long Run

Prev. PR				
Race/Date	400	800	1600	3200
CSULB 12.10-11				
Gahr 1-14-12				
Compton 1-28-12				
Cerritos 2-11-12				
Ice Breakers 3-3-12				
Redondo 3-18/19				
Cabrillo 3-22-12				
Azusa 3-24-12				
Lakewood 3-29-12				
Trabuco 3-30/31				
Wilson 4-5-12				
Arcadia 4-6/7				
Jordan/Compton 4-19				
Mt. SAC 4-20/21				
Millikan 4-24				
MLP 5-2-12				
MLF 5-4-12				
CIF Prelims 5-12-12				
CIF Finals 5-19-12				
CIF Masters 5-26-12				
State 6-1/2-12				

Training Volume	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Total
Jan.								
Feb.								
March								
April								
May								