

PERCENT EFFORT TRAINING TABLES

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Pace Table

2mi	8:05	8:30	8:55	9:22	9:50	10:20	10:51	11:23	11:58	12:33	13:11	13:51	14:32	15:16	16:02	16:50	17:40	18:33	19:29	20:28
	4:02	4:15	4:27	4:41	4:55	5:10	5:25	5:41	5:59	6:16	6:35	6:55	7:16	7:38	8:01	8:25	8:50	9:16	9:44	10:14
5km	1:00	1:03	1:06	1:10	1:13	1:17	1:21	1:25	1:29	1:34	1:38	1:43	1:49	1:54	2:00	2:06	2:12	2:19	2:26	2:33
	12:58	13:37	14:18	15:01	15:46	16:33	17:23	18:15	19:10	20:07	21:08	22:11	23:18	24:28	25:41	26:58	28:19	29:44	31:13	32:47
5mi	4:10	4:23	4:36	4:50	5:04	5:19	5:35	5:52	6:10	6:28	6:48	7:08	7:30	7:52	8:16	8:40	9:07	9:34	10:03	10:33
	1:02	1:05	1:09	1:12	1:16	1:19	1:23	1:28	1:32	1:37	1:42	1:47	1:52	1:58	2:04	2:10	2:16	2:23	2:30	2:38
10km	21:35	22:40	23:48	24:59	26:14	27:33	28:56	30:22	31:54	33:29	35:10	36:55	38:46	40:42	42:44	44:53	47:07	49:29	51:57	54:33
	4:19	4:32	4:45	4:59	5:14	5:30	5:47	6:04	6:22	6:41	7:02	7:23	7:45	8:08	8:32	8:58	9:25	9:53	10:23	10:54
12km	1:04	1:08	1:11	1:14	1:18	1:22	1:26	1:31	1:35	1:40	1:45	1:50	1:56	2:02	2:08	2:14	2:21	2:28	2:35	2:43
	27:14	28:36	30:02	31:32	33:07	34:46	36:30	38:20	40:15	42:15	44:22	46:35	48:55	51:22	53:56	56:38	59:28	1:02:26	1:05:34	1:08:50
15km	4:23	4:36	4:50	5:04	5:19	5:35	5:52	6:10	6:28	6:48	7:08	7:29	7:52	8:16	8:40	9:06	9:34	10:02	10:33	11:04
	1:05	1:09	1:12	1:16	1:19	1:23	1:28	1:32	1:37	1:42	1:47	1:52	1:58	2:04	2:10	2:16	2:23	2:30	2:38	2:46
10mi	33:06	34:45	36:30	38:19	40:14	42:15	44:22	46:35	48:55	51:21	53:55	56:37	59:27	1:02:26	1:05:33	1:08:50	1:12:16	1:15:53	1:19:41	1:23:40
	4:26	4:39	4:53	5:08	5:23	5:40	5:57	6:14	6:33	6:53	7:14	7:35	7:58	8:22	8:47	9:13	9:41	10:10	10:41	11:13
20km	1:06	1:09	1:13	1:17	1:20	1:25	1:29	1:33	1:38	1:43	1:48	1:53	1:59	2:05	2:11	2:18	2:25	2:32	2:40	2:48
	42:02	44:08	46:21	48:40	51:06	53:39	56:20	59:09	1:02:07	1:05:13	1:08:29	1:11:54	1:15:30	1:19:16	1:23:14	1:27:24	1:31:46	1:36:21	1:41:11	1:46:14
10mi	4:30	4:44	4:58	5:13	5:28	5:45	6:02	6:20	6:39	6:59	7:20	7:42	8:06	8:30	8:55	9:22	9:50	10:20	10:51	11:23
	1:07	1:11	1:14	1:18	1:22	1:26	1:30	1:35	1:39	1:44	1:50	1:55	2:01	2:07	2:13	2:20	2:27	2:35	2:42	2:50
13.1mi	45:19	47:35	49:58	52:28	55:05	57:51	1:00:44	1:03:47	1:06:58	1:10:19	1:13:50	1:17:31	1:21:24	1:25:28	1:29:44	1:34:14	1:38:56	1:43:53	1:49:05	1:54:32
	4:31	4:45	4:59	5:14	5:30	5:47	6:04	6:22	6:41	7:01	7:23	7:45	8:08	8:32	8:58	9:25	9:53	10:23	10:54	11:27
20km	1:07	1:11	1:14	1:18	1:22	1:26	1:31	1:35	1:40	1:45	1:50	1:56	2:02	2:08	2:14	2:21	2:28	2:35	2:43	2:51
	57:11	1:00:03	1:03:03	1:06:12	1:09:31	1:13:00	1:16:39	1:20:29	1:24:30	1:28:44	1:33:10	1:37:49	1:42:43	1:47:51	1:53:15	1:58:54	2:04:51	2:11:06	2:17:39	2:24:32
13.1mi	4:36	4:49	5:04	5:19	5:35	5:52	6:10	6:28	6:47	7:08	7:29	7:52	8:15	8:40	9:06	9:34	10:02	10:32	11:04	11:37
	1:09	1:12	1:16	1:19	1:23	1:28	1:32	1:37	1:41	1:47	1:52	1:58	2:03	2:10	2:16	2:23	2:30	2:38	2:46	2:54
25km	1:00:33	1:03:35	1:06:46	1:10:06	1:13:36	1:17:17	1:21:09	1:25:13	1:29:28	1:33:57	1:38:39	1:43:35	1:48:45	1:54:12	1:59:54	2:05:54	2:12:12	2:18:48	2:25:45	2:33:02
	4:37	4:51	5:05	5:20	5:36	5:53	6:11	6:30	6:49	7:10	7:31	7:54	8:17	8:42	9:08	9:36	10:05	10:35	11:07	11:40
30km	1:09	1:12	1:16	1:20	1:24	1:28	1:32	1:37	1:42	1:47	1:52	1:58	2:04	2:10	2:17	2:24	2:31	2:38	2:46	2:55
	1:12:37	1:16:15	1:20:04	1:24:04	1:28:16	1:32:41	1:37:19	1:42:11	1:47:18	1:52:39	1:58:17	2:04:12	2:10:25	2:16:56	2:23:47	2:30:58	2:38:31	2:46:26	2:54:46	3:03:31
20mi	4:40	4:54	5:09	5:24	5:40	5:57	6:15	6:34	6:54	7:15	7:36	7:59	8:23	8:48	9:15	9:43	10:12	10:42	11:15	11:48
	1:10	1:13	1:17	1:21	1:25	1:29	1:33	1:38	1:43	1:48	1:54	1:59	2:05	2:12	2:18	2:25	2:33	2:40	2:48	2:57
Marthn	1:28:16	1:32:40	1:37:19	1:42:10	1:47:17	1:52:39	1:58:17	2:04:12	2:10:24	2:16:56	2:23:46	2:30:58	2:38:31	2:46:26	2:54:46	3:03:30	3:12:40	3:22:18	3:32:25	3:43:03
	4:44	4:58	5:13	5:28	5:45	6:02	6:20	6:39	6:59	7:20	7:42	8:05	8:30	8:55	9:22	9:50	10:20	10:51	11:23	11:57
20mi	1:11	1:14	1:18	1:22	1:26	1:30	1:35	1:39	1:44	1:50	1:55	2:01	2:07	2:13	2:20	2:27	2:35	2:42	2:50	2:59
	1:35:10	1:39:55	1:44:55	1:50:10	1:55:40	2:01:27	2:07:31	2:13:54	2:20:36	2:27:38	2:35:00	2:42:46	2:50:54	2:59:27	3:08:25	3:17:50	3:27:44	3:38:07	3:49:01	4:00:28
Marthn	4:45	4:59	5:14	5:30	5:47	6:04	6:22	6:41	7:01	7:22	7:45	8:08	8:32	8:58	9:25	9:53	10:23	10:54	11:27	12:01
	1:11	1:14	1:18	1:22	1:26	1:31	1:35	1:40	1:45	1:50	1:56	2:02	2:08	2:14	2:21	2:28	2:35	2:43	2:51	3:00
Marthn	2:07:09	2:13:30	2:20:11	2:27:11	2:34:33	2:42:16	2:50:23	2:58:54	3:07:51	3:17:15	3:27:06	3:37:28	3:48:20	3:59:45	4:11:45	4:24:20	4:37:33	4:51:25	5:06:00	5:21:18
	4:50	5:05	5:20	5:36	5:53	6:11	6:29	6:49	7:09	7:31	7:53	8:17	8:42	9:08	9:36	10:04	10:35	11:06	11:40	12:15
	1:12	1:16	1:20	1:24	1:28	1:32	1:37	1:42	1:47	1:52	1:58	2:04	2:10	2:17	2:24	2:31	2:38	2:46	2:55	3:03

Pulse Table

age:	15	23	31	39	46	52	59	65	71								
2mi	205	196	188	181	174	167	161	155	149	143	138	133	129	124	120	116	
5km	199	191	184	177	170	163	157	151	146	140	135	131	126	122	118	114	
5mi	194	187	179	172	166	159	153	148	142	137	132	128	123	119	115	111	
10km	192	184	177	170	164	157	152	146	141	136	131	126	122	118	114	110	
12km	190	182	175	169	162	156	150	145	139	134	130	125	121	117	113	109	
15km	188	180	173	167	160	154	148	143	138	133	128	124	120	116	112	108	
10mi	187	180	173	166	160	154	148	142	137	132	128	123	119	115	111	108	
20km	185	177	171	164	158	152	146	141	136	131	126	122	118	114	110	107	
13.1mi	184	177	170	164	157	151	146	141	135	131	126	122	118	114	110	107	
25km	182	175	169	162	156	150	145	139	134	130	125	121	117	113	109	106	
30km	181	174	167	161	154	149	143	138	133	128	124	120	116	112	108	105	
20mi	180	173	166	160	154	148	143	138	133	128	124	119	115	112	108	105	
Marthn	177	170	164	158	152	146	141	136	131	126	122	118	114	110	107	103	

Team Oregon Percent Effort
Training Tables are available
from:

Team Oregon
6917 SW 33rd
Portland, OR, 97219
(503)-244-0902
Price: \$1.95

Using the Pace Table

To use the Pace Table first determine your race paces by finding one of your recent race performances in the table. For example if you had run 15km in 51 minutes you would find the closest entry, (51:06), in the 5th column from the left. This column should be a predictor for all your race times for the various distances. The predicted marathon race time is 2:34:33, for example. Note that for each race distance the total time, time/mile and time/440yd is listed.

Training Paces

Most of your training, (long runs and recovery runs), should be done at an easy 75-80% effort. To find the training paces for these runs count 4 and 5 columns to the right of your race paces. If your race paces were in column 5 your easy training pace would be between column 9 and 10. In this example your pace for a 5mi training run should be between 6:22 and 6:41 min/mile. Note that as you go across the table to the right each column represents a 5% decrease in effort.

For interval training near your maximum aerobic ability you should train no faster than your 2mi predicted race pace. If your race paces were in column 5 then you should run no faster than a 1:13 440yd time for your intervals. When starting an interval program you may want to begin at a 90% effort (2 columns to the right). Limit this type of training to short intervals of 1/2 mile or less. Best results have been obtained using intervals of 1/4 mile or less.

For pace training, (long intervals and tempo runs), you should run at your predicted race pace. If your race paces were in column 5 and you were training for a 10mi race you would want to do some pace training at a

5:30 min/mile pace. A good distance to use for these runs is up to 1/4 of your race distance. When training for shorter distances a workout might consist of two or more repeats of a pace run with recovery in between.

Using the Pulse Table

The Pulse Table can be used much in the same way as the Pace Table. You can find your race pulses by measuring your average pulse during a race and then finding it in the table adjacent to the race distance, or by using the column which is below your age. Your estimated racing pulse rates for various distances will be listed in this column. Your estimated pulse rates for easy runs will be between the 4th and 5th columns to the right of the race pulse column as in the Pace Table.

Note that effort and pulse rate are highly dependent on environmental factors such as temperature and terrain as well as an individuals level of fatigue. This makes establishing your race pulses by measurement more difficult. However, it provides you with an excellent means of monitoring and controlling your effort when you are training and racing.

Interpolation

If your pace or pulse rate lie between two columns you can estimate values by interpolating. If, for instance, you are halfway between two columns you can add half the difference between columns to the leftmost column to estimate a value.