

Daniels' Running Formula

60-75%
MAX ♥

Easy Running

- Conversational pace, time spent running.
- Lets body absorb training.

80-86%
MAX ♥

Marathon

- Confidence builder. 20% of weekly mileage total or 90 minutes total.

84-90%
MAX ♥

Threshold

WORK **5:1** REST

- Creates cardiovascular efficiency, improves endurance.
- No more than 10% of weekly mileage.

97-100%
MAX ♥

Intervals

Build
Aerobic
Power

WORK **1:1** REST

- Expands the cardiovascular engine.
- No more than 8% of weekly mileage or 10k worth of work.

no ♥

Repetitions

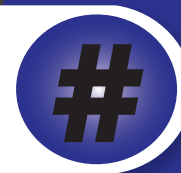
Current
800m to 1 mile
Race Pace

- Promotes efficient running.
- No more than 5% of weekly mileage or 8k worth of work.



Finding Your Max Heart Rate

- Run 3x2 min @ Max Effort
- 2 Min between intervals
- Highest <3 after each = MAX



VDOT Tables

- Your VDOT # gives you your current training paces.
- The VDOT table helps identify weaknesses when it comes to speed v. strength.



6 Week Training Blocks

- Train in 6 week blocks.
- Your fitness plateaus at 6 weeks.
- Time for new stresses—Increased paces or more volume.



Weekly Mileage

- Focus on workouts, not junk mileage.
- Long runs should be 25% of weekly mileage or 150 minutes, whichever comes first.