



ENDURANCE  
SPECIFIC  
COACHING

## INTUITIVE INTENSITY GUIDELINES

The intuitive intensity guidelines are based on decades of experience and at all levels of athletes. It's going to take about 4-6 weeks to begin to truly tune into your body's signals and this avoids one-dimensional training. Yes, you can use tools to help you quantify your efforts but you are inherently your best heart rate and power meter.

Training by feel is simply one of the most important things you learn. When you do, training falls nicely into place because you end up training at the right intensities asked for each day versus trying to train at 'shoulds' i.e easy 'should' be X pace and so on.

The training intensity levels described below are structured by how you feel on any given day. This teaches you to use intuition and understand your body and its signals. Our inner technology is extremely sophisticated and accurate, we just have to tune back into it.

The training levels below are designed to be simple to understand and implement.

- Easy
- Moderate
- Mod-Hard
- Hard / Fast

### EASY

*Purpose: Aerobic Conditioning / Fat utilization*

Easy is comfortable. Easy is conversational. Easy is "go all day pace"

It is no stress- no pushing. Just turning the legs over. You can talk in long sentences with no problem and you can (or could) breathe through your nose only.

Many athletes underestimate this level and typically start at a pace that may feel easy but could not in all honesty be sustained for a long period of time. ie. Could you hold this starting pace for hours and hours?

Easy is indispensable for long- term speed development, not to mention our overall health, ability to be consistent and not burn out.



ENDURANCE  
SPECIFIC  
COACHING

Easy training enhances capillary development and aerobic enzyme activity. Which gives us the leverage to go faster for longer. Easy builds the house.

Easy not only provides developing aerobic capacity correctly, it ensures we have the ability later on in the session to push and this is where the real training effect occurs!

Easy training means just that... EASY!

*“Easy is not a constant pace each day. Easy is an effort level that can vary based on stress. And, sometimes, keeping it easy physically and mentally requires a run to be very, very slow. Slow runs now can lead to speed breakthroughs later.” - David Roche*

The key is not to bullshit yourself with what easy actually is. There is no straining with easy.

## MODERATE

*Purpose: Aerobic Capacity, Economy / Maximum fat utilization*

This is still a comfortable pace. Breathing has increased from easy, but you are totally in control. You'll feel an opening of your breath.

You can still talk to your training buddies, but with pauses between sentences.

The goal of any endurance athlete is to maximize his or her aerobic capacity. This is the limit of the aerobic metabolism to produce ATP. All enhanced through training at Easy and Moderate efforts.

**Athletes with high aerobic capacity can maintain relatively high speeds over long distances with low metabolic cost.**

This takes discipline and a longer term view and commitment but is well worth it.



ENDURANCE  
SPECIFIC  
COACHING

## MOD-HARD

*Purpose: Aerobic capacity, anaerobic capacity, lactate shuttle, economy / Glycolytic/anaerobic begins to dominate*

This is a comfortably/uncomfortable pace or Fun-hard. Your breathing rate increases and is noticeable. Focus is needed to maintain this pace, however you do have another gear.

Well trained athletes can utilize this pace in racing. Focus becomes critically important to keep form and pace maximised. It's a pace you can hold but you couldn't push much harder without having to back off again. Those athletes that have big aerobic capacities (from spending a lot of time at easy and moderate efforts) can handle efforts at this intensity and recover again.

This is a grey zone. It's where athletes who don't have well developed aerobic systems will see quick gains by training here, but without a big aerobic base will lead to aerobic deficiency syndrome (ADS) and limit performance, while impacting health.

## HARD | FAST

*Purpose: Maximal aerobic power, strength/speed endurance, economy /aerobic and anaerobic capacities maxed out*

These are hard, uncomfortable, max sustainable efforts. Your breathing would be loud and strained but we are not ever all out. We use hard in our shorter efforts (power intervals and weekday intervals on the bike, sprints in the pool, strides and short intervals on the run\*). We also use HARD sustained efforts after we have deliberate fatigue on the systems in the backend of a long ride or run which helps create form under duress.

These efforts hurt but they aren't all out. You have just enough in you to complete all efforts of the session.

Lactate threshold is roughly a pace you can hold for about an hour. Your body starts to accumulate more lactate than it can clear from the bloodstream.

\*We never do our run efforts all out. 9/10 as the risk of injury is too high.