

THE TRAINING PARAMETERS FOR ENDURANCE RUNNING

AEROBIC (with Oxygen)

ANAEROBIC (without Oxygen)

CONTINUOUS RUNS

LONG SLOW
MEDIUM FASTER
SHORT FASTEST

SPLIT SESSIONS

AEROBIC INTERVALS

LONGER INTERVALS
SHORTER INTERVALS

ANAEROBIC REPETITIONS (SPEED ENDURANCE)

LONGER REPETITIONS
SHORTER REPETITIONS

CROSS TRAINING

SWIMMING
CYCLING

SPEED (MAXIMUM)

STRENGTH

MOBILITY

MAXIMUM STRENGTH
ELASTIC STRENGTH
STRENGTH ENDURANCE

HILL REPETITIONS

RESISTANCE RUNNING

TIME TRIALS AND RACING