

Georgia Tech Triathlon Club - Running Information

The following definitions and examples are mean to show the different types possible running workouts, and the components of workouts.

--**RFL**: fartlek run- foundation run with 30 sec bursts @ VO2 max/ speed intensity

ex. 6x30 sec (35 min total)

--**RFR**: foundation run- steady run @ moderate aerobic intensity

ex. 45 min

--**RHR**: run hell repeats- 1 min uphill running intervals @ speed intensity w/ 2 min active recovery

ex. 10x1 min (50 min total)

--**RLI**: run lactate intervals- 3-4 min intensity run @ VO2 max intensity w/ 3 min active recovery

ex. 5x3 min (50 min total)

--**RLR**: long run- long steady run @ moderate aerobic intensity

ex. 2 hr run

--**RRR**: recovery run- short @ recovery intensity

ex. 30 min easy

--**RSI**: run speed intervals- 1 min intervals @ speed intensity w/ 3 min active recovery

ex. 9x1 min (1 hr total)

--**RSS**: running strides- 20 sec relaxed sprint @ speed intensity w/ 40 sec active recovery

ex. 4x20 sec

--**RTR**: tempo run- steady run @ threshold intensity with extensive wu and cd
ex. 20 min (45 min total)