



Run Test

Before you start:

Test option 1 requires a heart rate monitor.
Test option 2 requires a GPS watch or accelerometer.

Make sure you warm up thoroughly before undertaking either test options. To view a suitable warm up, check out our 'Dynamic Warm Up' video in the coaching section of the website.

Option 1 – Lactate threshold heart rate (LTHR) = average heart rate test:

To find your lactate threshold heart rate (LTHR) do a 30-minute time trial. This should be done without a pace maker training partner or training group. This test should not be done under race conditions either.

The test should be done as if it was a race, run as fast as you can, as far as you can for the entire 30 minutes. At 10 minutes into the test, press the lap button on your heart rate monitor. At 30 minutes, the test is finished. Record your average heart rate for the last 20 minutes of the test. That number is your current LTHR.

Running heart rate training zones:

- Zone 1 - Less than 85% of LTHR
- Zone 2 - 85% to 89% of LTHR
- Zone 3 - 90% to 94% of LTHR
- Zone 4 - 95% to 99% of LTHR
- Zone 5 - 100% to 106% of LTHR

Calculate your heart rate training zones:

LTHR =

Zone 1 – Your LTHR x 0.85 = <

Zone 2 – Your LTHR x 0.85 = to your LTHR x 0.89 =

Zone 3 – Your LTHR x 0.90 = to your LTHR x 0.94 =

Zone 4 – Your LTHR x 0.95 = to your LTHR x 0.99 =

Zone 5 – Your LTHR x 1.00 = to your LTHR x 1.06 =

PLEASE NOTE - Once you have calculated your run heart rate training zones, ensure you update your heart rate training monitor.

Option 2 – Functional threshold pace (FTPp) average pace test:

To find your functional threshold pace (FTPp) do a 30-minute time trial. This should be done without a pace maker training partner or training group. This test should not be done under race conditions either.





The test should be done as if it was a race, run as fast as you can, as far as you can for the entire 30 minutes. Your FTPa is your average pace for the entire 30 minutes (not the last 20 minutes).

Running pace training zones:

- Zone 1 - Slower than 129% of FTPa
- Zone 2 - 114% to 129% of FTPa
- Zone 3 - 106% to 113% of FTPa
- Zone 4 - 99% to 105% of FTPa
- Zone 5 - 90% to 98% of FTPa

Calculate your pace zones using your average pace as seconds per mile or kilometre. For example, 7 minutes 30 seconds would be 450 seconds – (7 x 60 seconds = 420 + 30 seconds = 450 seconds).

Example – Average pace = 7 minutes 30 seconds per mile = 450 seconds.
Zone 1 = Slower than 129% of FTPa

To calculate zone 1 – 450 seconds x 1.29 = 580.50 seconds.
580.50 seconds/60 = 9.675, which equates 9 minutes 41 seconds

If you're struggling to convert decimals, you can also calculate it a follows:
9 x 60 seconds = 540 seconds, which is 9 minutes. 580.50 seconds – 540 seconds = 41 seconds (rounded up).

Calculate your running pace in seconds:

Your FTPa =

Zone 1 – Your FTPa x 1.29 = <.....

Zone 2 – Your FTPa x 1.14 = to your FTPa x 1.29 =

Zone 3 – Your FTPa x 1.06 = to your FTPa x 1.13 =

Zone 4 – Your FTPa x 0.99 = to your FTPa x 1.05 =

Zone 5 – Your FTPa x 0.90 = to your FTPa x 0.98 =

Now convert your pace in seconds into minutes per mile or kilometre.

Calculate your running pace in minutes:

Zone 1 = <.....

Zone 2 = to

Zone 3 = to

Zone 4 = to

Zone 5 = to

PLEASE NOTE – Once you have calculated your running pace training zones, some running GPS watches allow you to update your pace zones. If not, keep an eye out to check you are staying in the correct training zone.

