



THE 5 KEY ULTRARUNNING WORKOUTS



WORKOUT	TARGETED INTENSITY LEVEL	RPE (1-10 SCALE)	TYPICAL INTERVAL TIME	TOTAL TIME-AT-INTENSITY	WORK: REST	TYPICAL WORKOUT	BREATHING RATE	TALKING ABILITY	FREQUENCY PER WEEK
RecoveryRun (RR)	Recovery	4 or 5	N/A	20-60 min	N/A	40 min RR	Comfortable breathing, barely above walking rate	Story time!	2-3
EnduranceRun (ER)	Endurance	5 or 6	N/A	30 min - 6+ hrs	N/A	2 hr ER	Rhythmic, moderate-depth breathing, not labored	Comfortable conversation	2-6
SteadyStateRun (SSR)	High-end aerobic	7	20-60 min	30 min - 2 hrs	5-8:1	2 hr ER with 2x30 min SSR, 5 min recovery between intervals	Deep and labored breathing	2-3 sentences	2-4
TempoRun (TR)	Lactate threshold	8 or 9	8-20 min	30-60 min total	2:1	2 hr ER with 3x12 min TR, 6 min recovery between intervals	Deep and labored, faster than at high-end aerobic	5 to 7 word sentence	2-3
RunningIntervals (RI)	VO ₂ max	10	1-3 min	12-24 min total	1:1	90 min ER with 6x3 min RI, 3 min recovery between intervals	Short and rapid	Single word, probably 4 letters	2-3