

Rate of perceived exertion

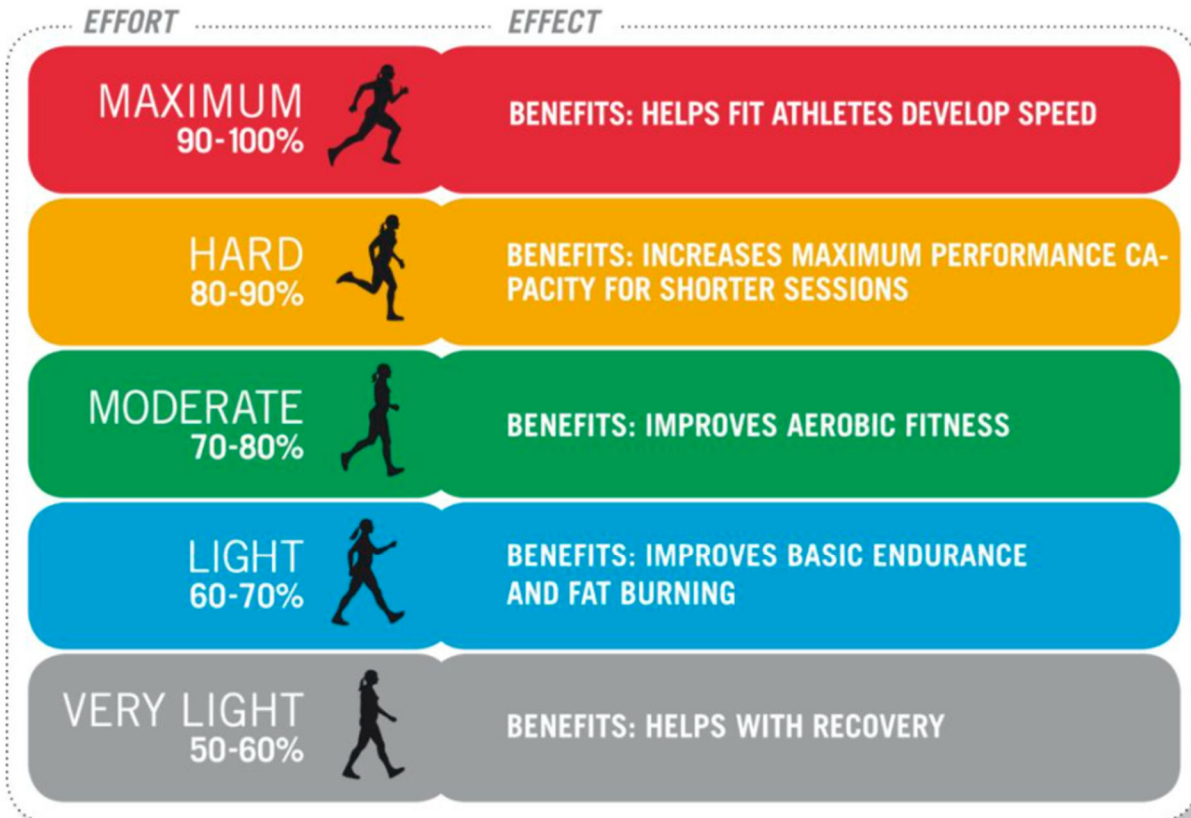
<https://marathonhandbook.com/rate-of-perceived-exertion/>



Example
Sprint
800m-1mile race pace work, longer hill repeats
2mile-5k race pace work, fartleks, mini hurdles
Surge during long run, tempo run
Aerobic run
First mile of aerobic run
Recovery between intervals, easy part of fartleks
Warmup and cooldown jogs
Steady walk
Easy walk

Heart rate zones

<https://www.bigpeachrunningco.com/heart-rate-zones/>



Maximum heart rate is 220 minus your age. Example calculation for 15-year-old:

Zone 1	103 - 123 bpm
Zone 2	123 - 144 bpm
Zone 3	144 - 164 bpm
Zone 4	164 - 185 bpm
Zone 5	185 - 205 bpm

Taking your pulse (<https://www.mayoclinic.org/how-to-take-pulse/art-20482581>): Put the tip of your index and middle finger in the groove of your neck along your windpipe to feel the pulse in your carotid artery. Apply just enough pressure so you can feel each beat. Do not push too hard or you will obstruct the blood flow. Watch the second hand on your watch or a clock as you count how many times you feel your pulse.