

Your current running profile

Built from your last 28 days of interpreted training and your validated heart-rate history — recent evidence for current pace, a longer window for pulse. It shows where your fitness sits today, not where past races put it.

PREPARED FOR
Runner
23 July 2026

YOUR CURRENT POSITION

Your threshold and aerobic strength are already clear. The next step is turning that into proven race fitness — with a genuine continuous effort, not more volume.

WHERE YOU ARE NOW

Strong evidence from steady running through threshold and hard aerobic reps — threshold especially. The main gap is a recent race or race-like effort to confirm how it converts.

WHAT WE CONFIRMED

We separated current training fitness from older races and PBs, checked running against cycling records, and used only clean recent work to set pace. Pulse uses the wider validated history where it helps.

104.4 km/wk

417.7 km across the latest rolling 28 days

3 runs

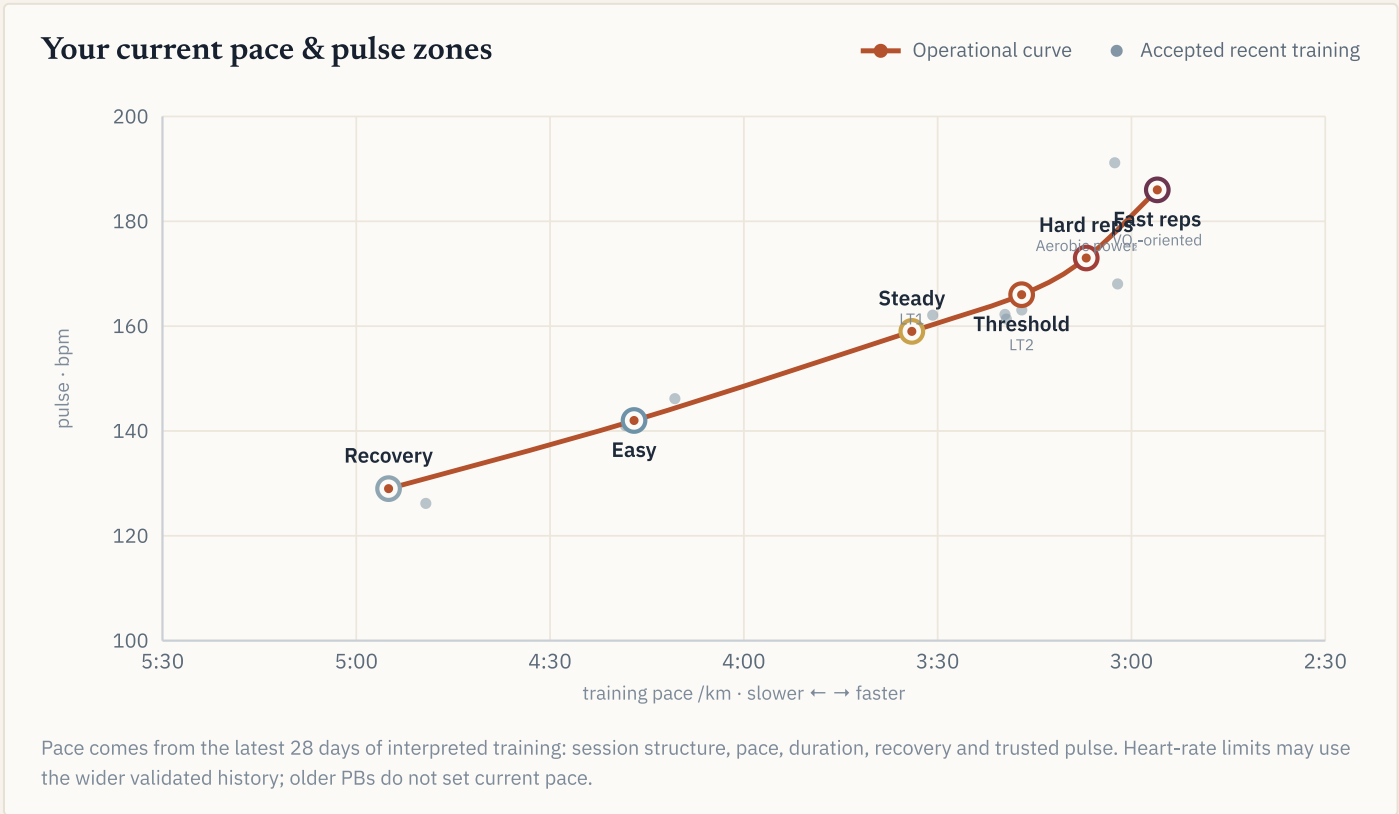
Long runs of at least 20 km or 90 minutes

275 min

Interpreted LT1, LT2 and AP + VO₂ work

88/100

Profile confidence after clean-up



COACHING TAKEAWAY

Threshold and aerobic strength are already clear. Keep the long runs consistent, add race-specific continuity, and use a genuine race — not another hard workout — to close the remaining evidence gap.

Your zones, explained

Six zones • from recovery to fast reps

Each zone has a different job — easy builds the base, steady builds stamina, threshold raises sustainable speed, and fast work develops your top end. Faster is not automatically better.

Recovery

PACE /KM PULSE
4:35–5:15 119–139 bpm

What it is • Your easiest running, with no meaningful extra fatigue.
Benefit • Boosts blood flow, eases stiffness and aids recovery.
Use it for • Recovery days, second runs, warm-ups and cool-downs.
Feel • Very relaxed; full conversation.
Example • 30–45 min very easy.

! **Watch out** • do not turn it into another workout because you feel good.

Easy aerobic

PACE /KM PULSE
4:00–4:35 135–149 bpm

What it is • Comfortable running — the foundation of your training.
Benefit • Builds endurance and efficiency without heavy fatigue.
Use it for • Most daily runs and much of your long-run volume.
Feel • Relaxed, conversational, controlled breathing.
Example • 60–90 min comfortable.

! **Watch out** • the top pulse is a ceiling, not a target — easy need not become steady.

Steady aerobic LT1

PACE /KM PULSE
3:28–3:40 156–163 bpm

What it is • Controlled aerobic running just below threshold.
Benefit • Builds stamina to hold a stronger pace for longer.
Use it for • Steady runs and marathon-supporting long-run blocks.
Feel • Purposeful but controlled; short sentences only.
Example • 3 × 15 min steady, 2 min easy.

! **Watch out** • it costs more than easy running — do not drift into it every day.

Threshold LT2

PACE /KM PULSE
3:14–3:20 continuous 164–169 bpm
3:08–3:15 reps

What it is • Hard, controlled running near your repeatable limit.
Benefit • Raises sustainable race pace; clears fuel by-products.
Use it for • Long reps, tempo runs and race-specific sessions.
Feel • Hard but repeatable; the last rep near the first.
Example • 4 × 2 km with 90–120 s easy.

! **Watch out** • pulse rises slowly — do not judge the first rep by pulse or chase a number.

Hard aerobic reps Aerobic power

PACE /KM PULSE
3:04–3:10 long 169–178 bpm late
3:00–3:06 short

What it is • Hard 3–8 min reps above threshold, below a sprint.
Benefit • Sharpens oxygen use and power for 3–10 km racing.
Use it for • Long intervals, hill reps and race sharpening.
Feel • Hard breathing, high focus, pace controlled.
Example • 5 × 5 min with 2–3 min easy.

! **Watch out** • the fastest rep is not the goal — consistent reps create the benefit.

Fast reps VO₂-oriented

PACE /KM PULSE
2:52–3:00 rises late

What it is • Short, fast reps led by pace, form and duration.
Benefit • Develops top-end speed, coordination and economy.
Use it for • Short race reps, track sessions and fast hills.
Feel • Very hard but technical; stop before form fails.
Example • 5 × 3 min, equal easy recovery.

! **Watch out** • pulse may not fully respond — never accelerate just to chase max heart rate.

WHY PACE CHANGES WITH DURATION

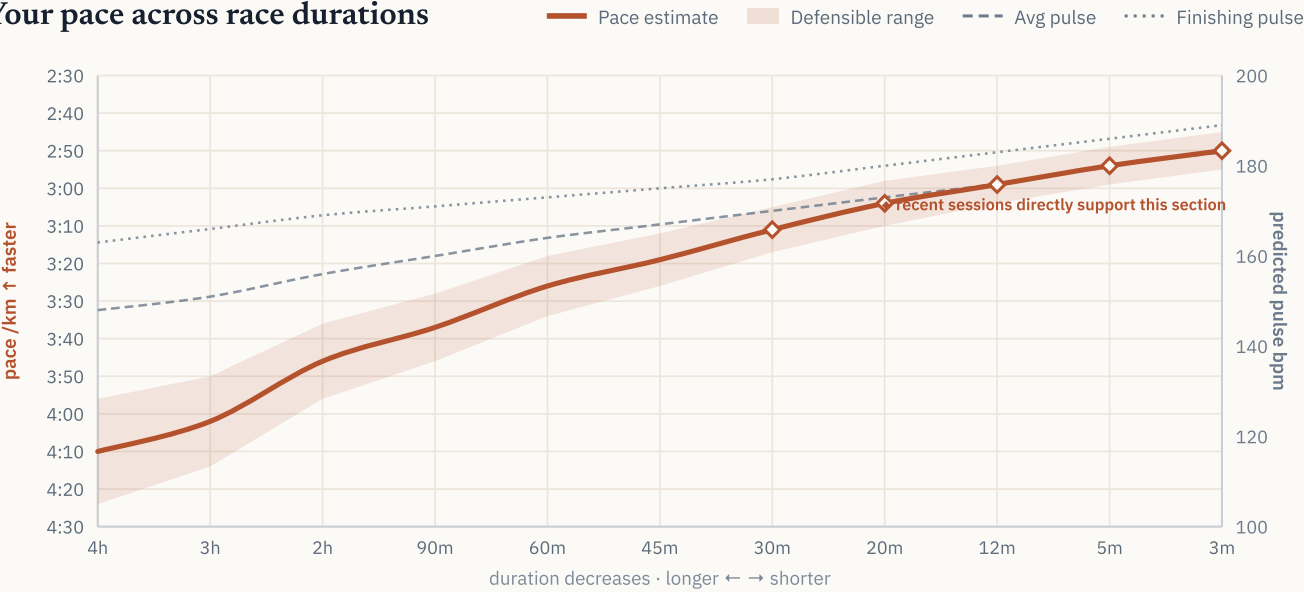
A short repetition can be **quicker** than continuous running in the same zone, and pulse may take time to catch up. Use pace, duration and repeatability first — then use pulse as confirmation.

We checked the account and excluded unreliable or incorrectly classified data before building this profile.

Current fitness and next steps

What you could run — and what to do now

Your pace across race durations



Pace is the primary story; pulse is context. The shaded band is the range we are confident you could run — widest where training has not directly tested you, tighter where recent work supports the estimate.

WHAT YOUR TRAINING IS BUILDING

Average per week · latest rolling 28 days

- STRONGEST NOW**
Aerobic volume is well established, with repeatable LT2 and AP + VO₂ work also supporting the current profile.
- LESS EMPHASISED RECENTLY**
LT1 has had less purposeful exposure than LT2 and AP + VO₂ over the last four weeks — that describes the window, not automatically a weakness.
- STILL TO PROVE**
No confirmed race in this window, so race conversion is less certain than current training fitness.

Recovery		71.4 km · 307 min
Steady aerobic		11.6 km · 45 min
LT1		5.5 km · 19 min
LT2		8.6 km · 28 min
AP + VO ₂		7.4 km · 22 min

What this means · Keep connecting the aerobic base to sustained race-specific work — a genuine continuous effort or race adds more information than simply making every bar equal.

HOW TO USE THIS NOW

- 1 Protect recovery.** More volume is not automatically more fitness.
- 2 Build specific continuity.** Extend controlled work without turning every session into a trial.
- 3 Use pulse late.** Pace and execution lead short work.
- 4 Confirm continuously.** Conditions alter pace; use a genuine sustained effort, not a rolling segment, as proof.

YOUR NEXT FOCUS

- 1** Extend race-specific work gradually while keeping the final repetition as controlled as the first.
- 2** Keep the weekly long run consistent and progress duration only when recovery remains good.
- 3** Use one genuine race or continuous proof — not another short-repetition session — to confirm the current ceiling.

WHAT WOULD CHANGE THIS VIEW?

A clean current race, a sustained session showing a materially different pace-to-pulse relationship, or a material interruption from illness, injury or fatigue.