

# Training Paces

## Training Paces

In training you need to know and understand the following effort levels with regards to training intensity. Here's a simple explanation of the five "effort levels" for exercise:

### VEP - Very Easy Pace

50-60 percent effort of your maximum effort.

This is an extremely comfortable pace to exercise at, with little exertion. Here you strengthen your heart and improve muscle mass while you reduce body fat, cholesterol and blood pressure.

### EP - Easy Pace

60-70 percent effort of your maximum effort.

This feels fairly light and comfortable. While still a relatively low level of effort, this pace starts training your body to increase the rate of fat release from the cells to the muscles for fuel. Some people call this the "fat burning zone" because up to 85% of the total calories burned at this pace are fat calories.

### MP - Medium Pace

70-80 percent effort of your maximum effort.

Moderate effort that isn't really easy, but isn't really hard. You have to focus a bit to keep going. You notice your breathing, your muscles, and your sweat. In this zone you step up your lung capacity and respiratory rate, and your heart increases in size and strength so you can exercise longer before becoming fatigued.

### HP - Hard Pace

80-90 percent effort of your maximum effort.

Feels hard. Not over-the-top hard, but pretty hard. You are breathing quite hard. Here you get faster and fitter, increasing your heart rate as you cross from aerobic to anaerobic training. At this point, your heart cannot pump enough blood and oxygen to supply the exercising muscles fully so they respond by continuing to contract anaerobically.

### VHP - Very Hard Pace

90-100 percent effort of your maximum effort.

This is hard, pure and simple. You are at the edge. You are going "anaerobic," which means your body is demanding oxygen faster than it can be delivered. You are panting and your muscles are quivering. This is used mostly in "interval" training regiments. Length of the intervals are short.