

# Run Minnesota

## Personalized Pace Chart · 6-Zone Training System

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### Athlete Information

Athlete Name:	
Current Race Fitness (distance + time):	
Goal Race + Time:	
Date:	

### Run Minnesota Training Zones

Effort	RPE	Description	Zone	% Max	Pace Term	Current Pace	Goal Pace
Recovery	1-2	Go by feel	Z1	0-50%	Go by feel		
Easy	2-4	Conversation easy	Z2	50-70%	Easy		
Moderate	4-6	Somewhat difficult	Z3	70-85%	Moderate / Marathon		
Hard	6-8	Conversation labored	Z4	85-90%	Threshold (1hr)		
Very Hard	8-9	Conversation not possible	Z5	90-92%	5K Pace		
Sprints	9-10	Faster than 5K	Z6	90-100%	5K+ Pace		

### Reflection Questions

- What zone do I avoid most?
- What zone do I overtrain in?
- What zone needs development this cycle?
- What is my primary focus for the next 8–12 weeks?