

## Eugene Triathlon Coaching

<b>Term</b>	<b>RPE</b>	<b>HeartRate</b>	<b>Race Distance</b>	<b>% Threshold Power</b>
Easy	10	65-70%	Ironman Beginner	55%
Steady		72-80%	Beginner Marathon	56-75%
Moderately Hard	13	80-85%	Ironman Intermediate Marathon	76-90%
Hard	15	85-92%	Olympic Tri/ Half IM 10K	91-100%
Very Hard	17		5k/ Sprint Tri	106-120%
	19		800-1000 meter	121-150%
Max	20	200-400m	200-400 meter	