

	PACE	Heart rate
EN1	2 to 4 seconds slower per 100 than threshold pace	120-150
EN2	Anaerobic threshold or maximum effort over distance	160-170
EN3	1 to 2 seconds faster than threshold pace	180-190
SP1	As fast as possible	190-200
SP2	As fast as possible	190-200
SP3	Maximum Speed	160-170

Your T-30 indicates your **Anaerobic Threshold**
 Your pace per 100 is utilized in all of your training,
 if you do not give a maximal effort in this your training
 will suffer!