# Summit Ultra Endurance Coaching Run Outline

Steve Moors 2018 05 10

## Averages

# Average Speed/Pace: 4.49 Average Heart Rate: 155.40 Average Cadence: 90.97

# Speed Histogram 250 200 300 3,00 3,25 3,50 3,75 4,00 4,25 4,50 4,75 5,00

### Zones

Zone	% of Average Speed
Zone 1	0% - $70%$
Zone 2	70% - $80%$
Zone 3	80% - $90%$
Zone 4	90% - $100%$
Zone 5a	100% - $110%$
Zone 5b	110% - $120%$



