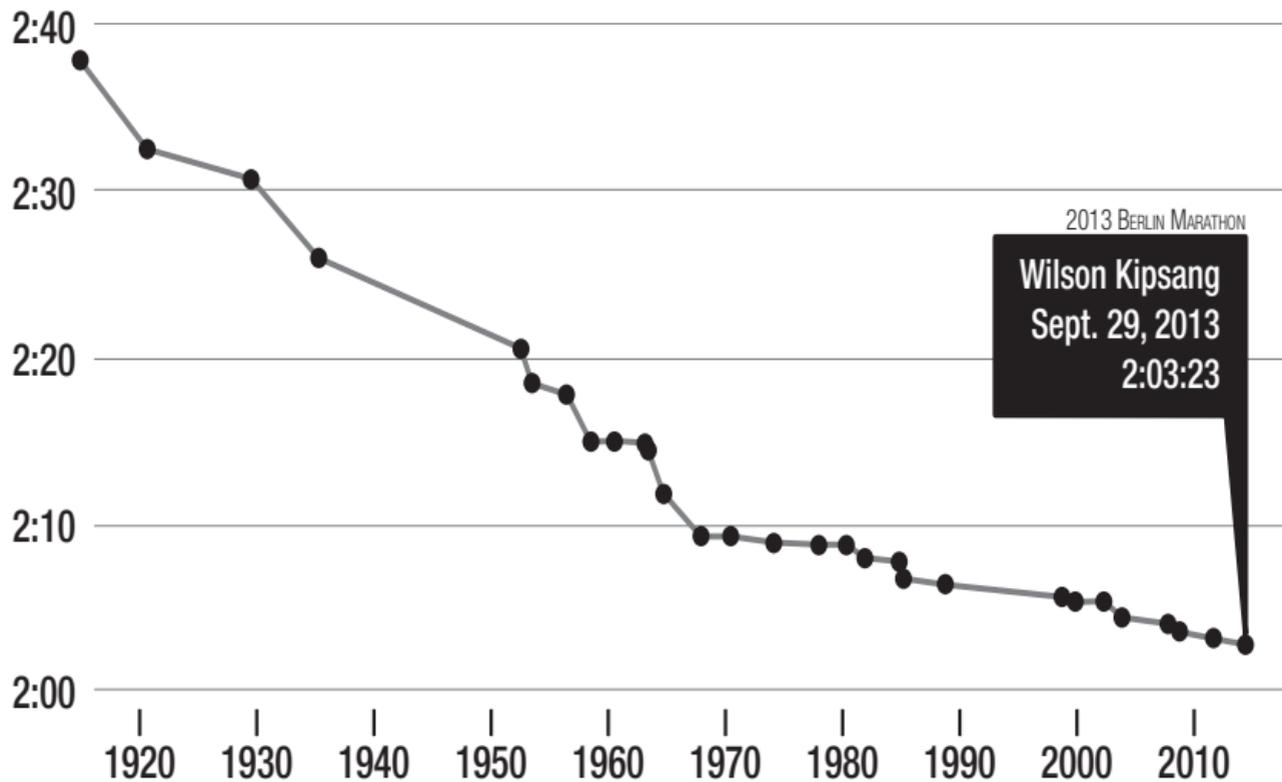


World-Record Marathon Times



Distance	% Aerobic (kcal)	% Anaerobic (kcal)
Mile	60 (100)	40 (30)
5K	88 (290)	12 (23)
10K	90 (600)	10 (20)
Half Marathon	98 (1200)	2 (15)
Marathon	99 (2600)	1 (5)

MAF Test 1

Mile 1	6:07
Mile 2	6:11
Mile 3	6:18
Mile 4	6:26
Mile 5	6:37

MAF Test 5

Mile 1	5:34
Mile 2	5:34
Mile 3	5:37
Mile 4	5:39
Mile 5	5:41

MAF Test vs. Running Race Pace

The chart shows some compilations for 5K races.

MAF Pace	5K Race Pace	5K Time
10:00	7:30	23:18
9:00	7:00	21:45
8:30	6:45	20:58
8:00	6:30	20:12
7:30	6:00	18:38
7:00	5:30	17:05
6:30	5:15	16:19
6:00	5:00	15:32
5:45	4:45	14:45
5:30	4:30	13:59
5:15	4:20	13:28
5:00	4:15	13:12

The full spectrum of training



undertraining

overreaching

overtraining

"sweet spot"

POSSIBLE SIGNS AND SYMPTOMS ASSOCIATED WITH OVERTRAINING

Signs:

Hormone imbalance

Chronic inflammation

Low blood sodium

Increased infections

Poor sleep

Elevated blood lactate

Reduced heart rate variability

Blood-sugar irregularity

Poor Maximum Aerobic Function (MAF) Tests

Reduced or plateau in performance

Symptoms:

Mental or physical fatigue

Pain in muscles and joints

Physical injury

Asthma or allergy

Mood changes

Anxiety

Feeling of overall body weakness

Here is an example of a balanced weekly schedule:

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
30-45 min (pm)	60-90 min	60 min	45 min 60 min (pm)	60 min	off	2+hr