

Training Document:

Workout Codes by Gale Bernhardt

Throughout my training plans, you will notice several workout codes such as E,T, etc. Each letter defines a particular type of workout, intended to give you specific benefit:

E – Endurance: Workouts in this category are aerobic (with oxygen) in nature and are typically for recovery and building or maintaining endurance. The majority of the energy to complete an endurance workout comes from the body utilizing oxygen and fat as fuel. Some energy is provided by the anaerobic (without oxygen) system, but the majority of fuel is provided aerobically.

If Zone 3 (see the intensity section) is included in endurance workout, low-end lactate threshold work is accomplished and more fuel is provided by the anaerobic system.

M – Muscular Endurance: Workouts in this category are intended to work on lactate threshold speed and lactate tolerance.

A – Anaerobic Endurance: Workouts in this category work on speed-endurance or aerobic capacity. They are titled anaerobic (without oxygen) because a greater percentage of the energy comes from metabolic systems not utilizing oxygen and fat as the major sources of fuel. A good percentage of the energy comes from glycogen. The aerobic system is still working, but the percentage of work provided by the aerobic system is decreased, compared to an endurance workout.

S – Speed Skill: The workouts in this category are intended to work on sport economy. Improving economy means using less oxygen to travel at a given pace. These workouts typically work on sport form or higher speeds for very short periods of time such as 20 to 30 seconds.

T – Testing: This is a test workout to benchmark or measure your current level of fitness. One “bad” test does not mean you are failing in your training. Tests should be used in combination with other workout data to determine if you are making progress.

F – Force: Think of these workouts as sport-specific strength building. For swimming the workout utilizes paddles. For bicycling or running, hill work is often included to improve force.

P – Power: Power is the ability to apply relatively large forces for a given period of time. A sprinter needs huge power output for short periods of time. Athletes racing drafting-style events require large power capabilities to bridge a gap to the peloton. Power workouts are not prescribed for many of the prebuilt plans.

XT – Crosstraining: Suggestions for crosstraining activities include hiking, roller blading and cross-country skiing. Which cross training activities you chose depends on the goal you are trying to achieve.

R/W – Run/Walk: Some plans have training that alternates running and walking.

Weights: The codes for weights are in the Strength Training document.

You will notice the codes have numbers and letters as well, such as E2a. These numbers and secondary letters are a way to categorize the workouts so I can keep track of them. All the details you need for any given code are given within that particular workout so you don't need to print lists of references for workouts.