

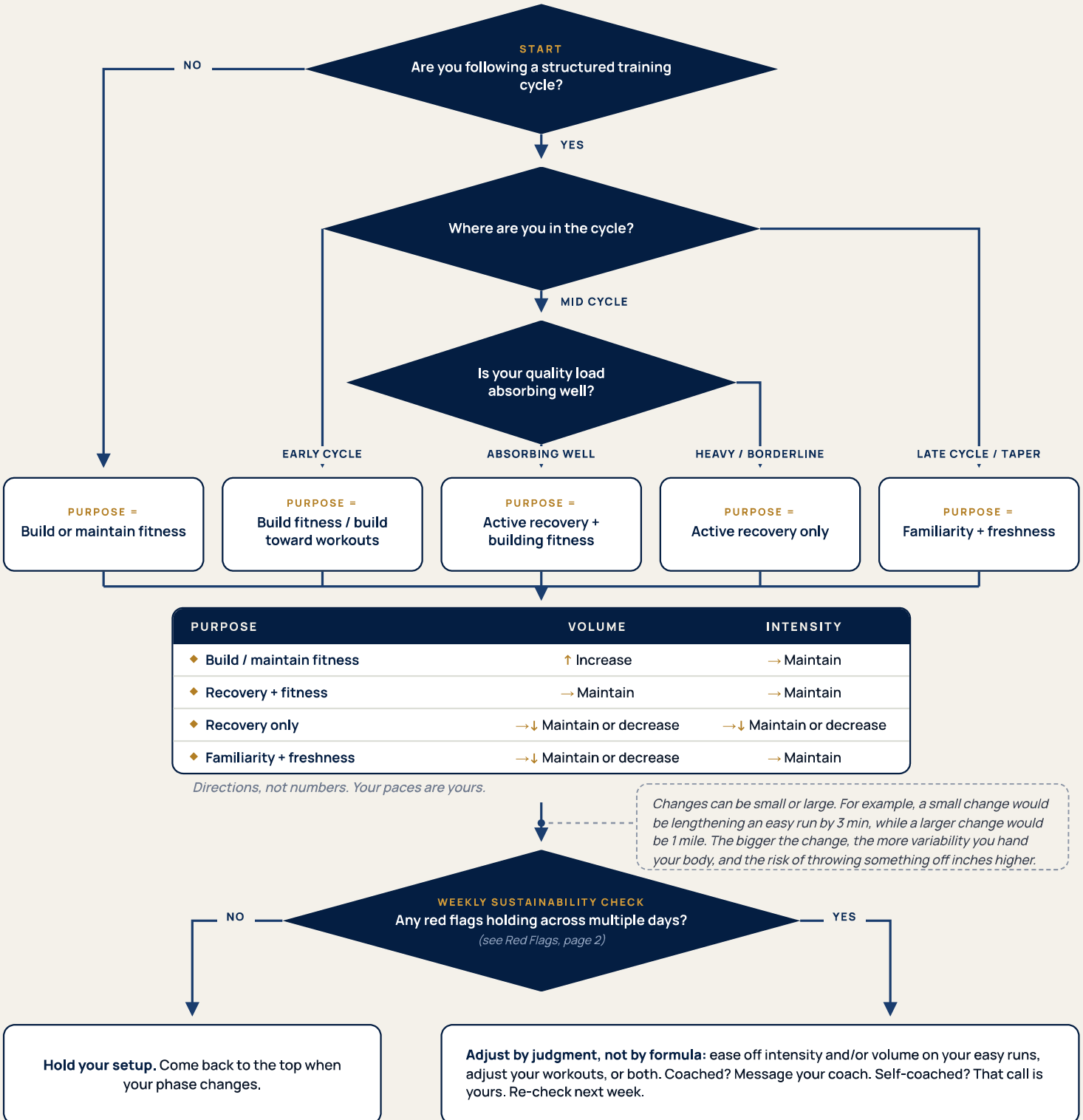
# INDIVIDUALIZING EASY RUNNING

A framework for making your own easy-run decisions.

Easy running gets overcomplicated by numbers that were never addressing you as an individual. Someone else's pace, someone else's heart rate. This chart works the other way: figure out what your easy run is **FOR**, set your variables from that, and check that your body is absorbing it. **Page 1 is the week. Page 2 is the day.**

## 01 THE WEEK · HOW EASY RUNS FIT INTO YOUR TRAINING

◆ DECISION □ ACTION / OUTCOME ▭ NOTE



MODIFIERS: APPLY TO ANY WEEK

### DOUBLE

For time constraints, higher frequency, or adding volume without one massive run.

### DOWN WEEK

To consolidate adaptations, or to use as a precaution after consecutive building weeks.

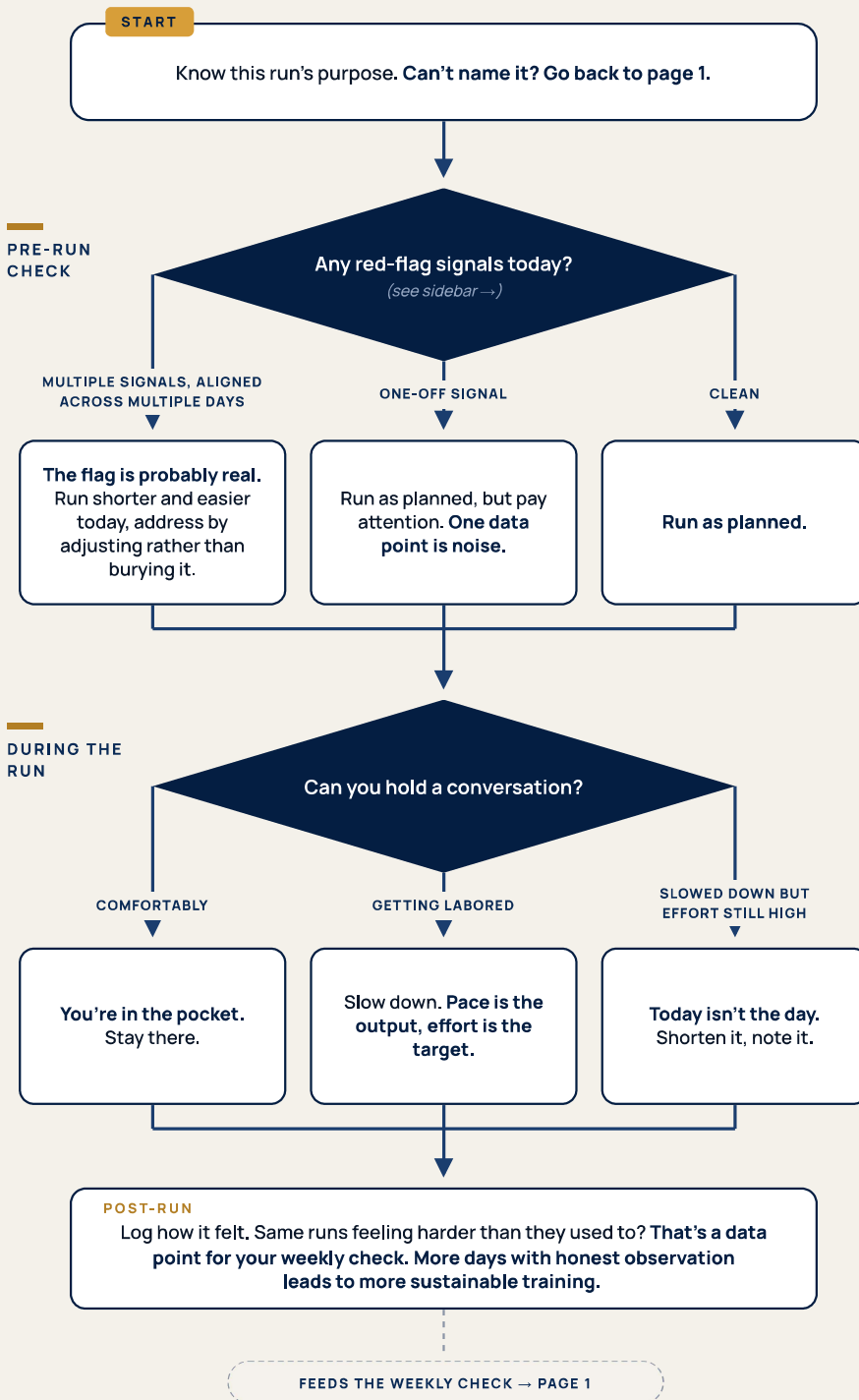
### PRE-RACE EASY DAY

Lower volume. Freshness is the main goal.

## 02 THE DAY

· Executing today's easy run.

◆ DECISION    □ ACTION / OUTCOME    □ NOTE



### ◆ EXAMPLE SIGNALS THAT COULD BE SUSTAINABILITY RED FLAGS

- ◆ Muscle pop score (self-observed) dropping
- ◆ Effort rising at paces and volumes that used to feel easier
- ◆ Resting heart rate during sleep trending up
- ◆ HRV changes
- ◆ Talk test drifting towards harder at normal paces
- ◆ Heart rate rising OR dropping as effort is rising
- ◆ Lactate rising OR dropping as effort is rising
- ◆ Bakken stair test pointing towards bad muscle recovery

#### THE RULE

More days + more independent signals pointing the same way = more likely it's real.  
One signal on one day decides nothing.

#### SIGNALS NOT TO STEER BY

- Heart rate as a daily pace governor, unnecessary for 99% of runners, and it swings for reasons that have nothing to do with fitness
- Anyone else's easy pace you see on social media
- "Slower is always better." Sometimes it isn't.
- "A fast easy run proves fitness." But it may come back to bite you on your workout.
- One bad day is not a trend, pay attention to (and log) how you feel and adjust if one bad day becomes multiple.