

Rhythm table- 3000m test

TEST RESULT		RITMI DI CORSA											
3000m	SAN	Recovery Pace		Slow Pace		Long Slow Pace		Medium Running Pace		Aerobic capacity		Aerobic power	
9'00"	02.55	04.00	04.23	03.48	03.58	03.34	03.46	03.16	03.28	02.57	03.13	02.38	02.55
9'15"	03.00	04.07	04.30	03.54	04.05	03.40	03.56	03.22	03.34	03.02	03.18	02.42	03.00
9'30"	03.05	04.13	04.38	04.01	04.12	03.46	04.02	03.27	03.40	03.07	03.24	02.47	03.05
9'45"	03.15	04.27	04.53	04.14	04.25	03.58	04.15	03.38	03.52	03.17	03.35	02.56	03.15
10'00"	03.20	04.34	05.00	04.20	04.32	04.04	04.22	03.44	03.58	03.22	03.40	03.00	03.20
10'15"	03.25	04.41	05.08	04.27	04.39	04.10	04.29	03.50	04.04	03.27	03.46	03.05	03.25
10'30"	03.30	04.48	05.15	04.33	04.46	04.16	04.35	03.55	04.10	03.32	03.51	03.09	03.30
10'45"	03.35	04.55	05.23	04.40	04.52	04.22	04.42	04.01	04.16	03.37	03.57	03.14	03.35
11'00"	03.40	05.01	05.30	04.46	04.59	04.28	04.48	04.06	04.22	03.42	04.02	03.18	03.40
11'15"	03.45	05.08	05.38	04.53	05.06	04.35	04.55	04.12	04.28	03.47	04.08	03.23	03.45
11'30"	03.50	05.15	05.45	04.59	05.13	04.41	05.01	04.18	04.34	03.52	04.13	03.27	03.50
11'45"	03.55	05.22	05.53	05.06	05.20	04.47	05.08	04.23	04.40	03.57	04.19	03.32	03.55
12'00"	04.00	05.29	06.00	05.12	05.26	04.53	05.14	04.29	04.46	04.02	04.24	03.36	04.00
12'15"	04.05	05.36	06.08	05.19	05.33	04.59	05.21	04.37	04.54	04.07	04.30	03.41	04.05
12'30"	04.10	05.43	06.15	05.25	05.40	05.05	05.28	04.43	05.00	04.13	04.35	03.45	04.10
12'45"	04.15	05.49	06.23	05.32	05.47	05.14	05.37	04.48	05.06	04.20	04.43	03.52	04.18
13'00"	04.20	05.56	06.30	05.38	05.54	05.20	05.43	04.54	05.12	04.25	04.49	03.57	04.23
13'15"	04.25	06.03	06.38	05.45	06.00	05.26	05.50	04.59	05.18	04.30	04.54	04.01	04.28
13'30"	04.30	06.10	06.45	05.51	06.07	05.32	05.56	05.05	05.24	04.35	05.00	04.06	04.33
13'45"	04.35	06.17	06.53	05.58	06.14	05.38	06.03	05.11	05.30	04.41	05.05	04.10	04.38
14'00"	04.40	06.24	07.00	06.04	06.21	05.44	06.10	05.16	05.36	04.46	05.11	04.15	04.43
14'15"	04.45	06.30	07.08	06.11	06.28	05.51	06.16	05.22	05.42	04.51	05.16	04.19	04.48
14'30"	04.50	06.37	07.15	06.17	06.34	05.57	06.23	05.28	05.48	04.56	05.22	04.24	04.53
14'45"	04.55	06.44	07.23	06.24	06.41	06.03	06.29	05.33	05.54	05.01	05.27	04.28	04.58
15'00"	05.00	06.51	07.30	06.30	06.48	06.09	06.36	05.39	06.00	05.06	05.33	04.33	05.06
15'15"	05.05	06.58	07.38	06.37	06.55	06.15	06.43	05.48	06.09	05.14	05.42	04.41	05.11
15'30"	05.10	07.05	07.45	06.43	07.02	06.21	06.49	05.53	06.15	05.19	05.47	04.45	05.16
15'45"	05.15	07.12	07.53	06.50	07.08	06.27	06.56	05.59	06.21	05.24	05.53	04.50	05.21
16'00"	05.20	07.18	08.00	06.56	07.15	06.34	07.02	06.05	06.27	05.30	05.58	04.54	05.26
16'15"	05.25	07.25	08.08	07.03	07.22	06.40	07.09	06.11	06.33	05.35	06.04	04.59	05.32

* **Recovery Pace** – running used in between intervals or in the fartlek

* **Slow Pace** – slow paced running

* **Long Slow Pace** – long run, reflects the speed of the race in long distances

* **Medium Running Pace** – corsa con una velocità media che migliora l'intensità e il ritmo gara

* **Aerobic capacity** – Endurance running with the ability to perform a workout at maximum power for multiple reps, intensity repeated over time

* **Aerobic power** – resistant running with high intensity repeated a few times, maximum level, work intensity for a few repetitions