

TEST COLUMN:				RHYTHM COLUMN											
<p><b>To run the test, proceed as follows:</b>                      The test is easy to carry out and gives a good indication with very low margins of error; it is the <b>7 minute test</b>. It is an indirect test, i.e. the value is calculated indirectly thanks to the application of a mathematical formula. Its purpose is to determine your personal current fitness level in order to identify your target paces for your workouts. It can be performed on an athletics track or alternatively on a flat course. It is good practice to undergo the test after 2-3 days of mild activity or rest. Before carrying out the test, it is necessary to carry out an adequate warm-up at a very slow pace (at least 15 minutes) with some running extensions before starting off. The test consists of running for 7 minutes at your maximum speed. It is very important that the speed is sustained but constant throughout the test, otherwise the test may not be reliable. For this reason it is important to have a lot of sensitivity and awareness in imposing the right pace. The goal is to determine how many meters you will cover in the 7 minute time frame. Then identify your reference line (with the value closest to your meters) and those will be your training paces. If your test places you exactly in the middle of the two reference values, take on the lower value. Furthermore, if in the execution of training sessions the pace ranges calculated from your test, should they be unsustainable for you, feel free to refer to the values in the line below.</p>															
Test Distance (In meters)	VO2 max (maximum oxygen consumption per min.)	SAN min/km (maximum intensity level)	Estimate 10,000 meters. (hypothetical projection, best race time)	Slow Run Pace (time range to follow)		Pace Run Recovery (time range to follow)		Long Slow Race Pace (time range to follow)		Medium Running Pace (time range to follow)		Medium Repeats Rhythm (time range to follow)		Short Repeats Rhythm (time range to follow)	
2330	67.570	2' 55"	0h 30' 42"	3' 46"	3' 59"	4' 01"	4' 29"	3' 39"	3' 50"	3' 26"	3' 36"	3' 04"	2' 55"	2' 52"	2' 42"
2270	65.830	2' 59"	0h 31' 24"	3' 51"	4' 05"	4' 07"	4' 35"	3' 44"	3' 56"	3' 31"	3' 41"	3' 08"	2' 59"	2' 55"	2' 46"
2200	63.800	3' 05"	0h 32' 27"	3' 59"	4' 13"	4' 15"	4' 45"	3' 51"	4' 03"	3' 38"	3' 48"	3' 15"	3' 05"	3' 01"	2' 51"
2155	62.495	3' 09"	0h 33' 9"	4' 04"	4' 19"	4' 21"	4' 51"	3' 56"	4' 09"	3' 42"	3' 53"	3' 19"	3' 09"	3' 05"	2' 55"
2100	60.900	3' 14"	0h 34' 2"	4' 10"	4' 25"	4' 28"	4' 58"	4' 02"	4' 15"	3' 48"	3' 60"	3' 24"	3' 14"	3' 10"	2' 60"
2075	60.175	3' 16"	0h 34' 23"	4' 13"	4' 28"	4' 30"	5' 02"	4' 05"	4' 18"	3' 51"	4' 02"	3' 26"	3' 16"	3' 12"	3' 01"
2050	59.450	3' 19"	0h 34' 54"	4' 17"	4' 32"	4' 34"	5' 06"	4' 09"	4' 22"	3' 54"	4' 06"	3' 29"	3' 19"	3' 15"	3' 04"
2025	58.725	3' 21"	0h 35' 15"	4' 19"	4' 35"	4' 37"	5' 09"	4' 11"	4' 24"	3' 56"	4' 08"	3' 32"	3' 21"	3' 17"	3' 06"
2000	58.000	3' 24"	0h 35' 47"	4' 23"	4' 39"	4' 41"	5' 14"	4' 15"	4' 28"	4' 00"	4' 12"	3' 35"	3' 24"	3' 20"	3' 09"
1975	57.275	3' 26"	0h 36' 8"	4' 26"	4' 42"	4' 44"	5' 17"	4' 18"	4' 31"	4' 02"	4' 14"	3' 37"	3' 26"	3' 22"	3' 11"
1950	55.970	3' 29"	0h 36' 40"	4' 30"	4' 46"	4' 48"	5' 22"	4' 21"	4' 35"	4' 06"	4' 18"	3' 40"	3' 29"	3' 25"	3' 14"
1925	55.390	3' 32"	0h 37' 11"	4' 34"	4' 50"	4' 52"	5' 26"	4' 25"	4' 39"	4' 09"	4' 22"	3' 43"	3' 32"	3' 28"	3' 16"
1900	54.520	3' 34"	0h 37' 32"	4' 36"	4' 53"	4' 55"	5' 29"	4' 28"	4' 42"	4' 12"	4' 24"	3' 45"	3' 34"	3' 30"	3' 18"
1875	53.940	3' 37"	0h 38' 4"	4' 40"	4' 57"	4' 59"	5' 34"	4' 31"	4' 46"	4' 15"	4' 28"	3' 48"	3' 37"	3' 33"	3' 21"
1850	53.360	3' 40"	0h 38' 35"	4' 44"	5' 01"	4' 44"	5' 38"	4' 35"	4' 49"	4' 19"	4' 32"	3' 52"	3' 40"	3' 36"	3' 24"
1825	52.780	3' 43"	0h 39' 7"	4' 48"	5' 05"	5' 08"	5' 43"	4' 39"	4' 53"	4' 22"	4' 35"	3' 55"	3' 43"	3' 39"	3' 26"
1800	52.200	3' 46"	0h 39' 38"	4' 52"	5' 09"	5' 12"	5' 48"	4' 43"	4' 57"	4' 26"	4' 39"	3' 58"	3' 46"	3' 42"	3' 29"
1775	51.620	3' 50"	0h 40' 21"	4' 57"	5' 15"	4' 57"	5' 17"	4' 48"	5' 03"	4' 42"	4' 44"	4' 02"	3' 50"	3' 45"	3' 33"
1750	50.750	3' 53"	0h 40' 52"	5' 01"	5' 19"	5' 21"	5' 58"	4' 51"	5' 07"	4' 34"	4' 48"	4' 05"	3' 53"	3' 48"	3' 36"
1725	50.170	3' 56"	0h 41' 24"	5' 05"	5' 23"	5' 05"	6' 03"	4' 55"	5' 11"	4' 38"	4' 51"	4' 08"	3' 56"	3' 51"	3' 39"
1700	49.590	3' 60"	0h 42' 6"	5' 10"	5' 28"	5' 31"	6' 09"	5' 00"	5' 16"	4' 42"	4' 56"	4' 13"	4' 00"	3' 55"	3' 42"
1675	48.720	4' 03"	0h 42' 37"	5' 14"	5' 32"	5' 35"	6' 14"	5' 04"	5' 20"	4' 46"	5' 00"	4' 16"	4' 03"	3' 58"	3' 45"
1650	47.850	4' 07"	0h 43' 20"	5' 19"	5' 38"	5' 41"	6' 20"	5' 09"	5' 25"	4' 51"	5' 05"	4' 20"	4' 07"	3' 59"	3' 49"
1625	47.270	4' 11"	0h 44' 2"	5' 24"	5' 43"	5' 46"	6' 26"	5' 14"	5' 30"	4' 55"	5' 10"	4' 24"	4' 11"	4' 06"	3' 52"
1600	46.690	4' 15"	0h 44' 44"	5' 29"	5' 49"	5' 52"	6' 32"	5' 19"	5' 36"	5' 00"	5' 15"	4' 28"	4' 15"	4' 10"	3' 56"
1575	45.820	4' 19"	0h 45' 26"	5' 34"	5' 54"	5' 57"	6' 38"	5' 24"	5' 41"	5' 05"	5' 20"	4' 33"	4' 19"	4' 14"	3' 60"
1550	44.950	4' 23"	0h 46' 8"	5' 39"	5' 60"	6' 03"	6' 45"	5' 29"	5' 46"	5' 09"	5' 25"	4' 37"	4' 23"	4' 18"	4' 04"
1525	44.225	4' 27"	0h 46' 50"	5' 45"	6' 05"	6' 08"	6' 51"	5' 34"	5' 51"	5' 14"	5' 30"	4' 41"	4' 27"	4' 22"	4' 07"
1500	43.500	4' 32"	0h 47' 43"	5' 51"	6' 12"	6' 15"	6' 58"	5' 40"	5' 58"	5' 20"	5' 36"	4' 46"	4' 32"	4' 27"	4' 12"
1475	42.630	4' 36"	0h 48' 25"	5' 56"	6' 18"	6' 21"	7' 05"	5' 45"	6' 03"	5' 25"	5' 41"	4' 51"	4' 36"	4' 31"	4' 16"
1450	42.050	4' 41"	0h 49' 17"	6' 03"	6' 24"	6' 28"	7' 12"	5' 51"	6' 10"	5' 31"	5' 47"	4' 56"	4' 41"	4' 35"	4' 20"
1425	41.180	4' 46"	0h 50' 10"	6' 09"	6' 31"	6' 34"	7' 20"	5' 58"	6' 16"	5' 36"	5' 53"	5' 01"	4' 46"	4' 40"	4' 25"
1400	40.600	4' 51"	0h 51' 3"	6' 15"	6' 38"	6' 41"	7' 28"	6' 04"	6' 23"	5' 42"	5' 59"	5' 06"	4' 51"	4' 45"	4' 29"
1375	39.730	4' 56"	0h 51' 55"	6' 22"	6' 45"	6' 48"	7' 35"	6' 10"	6' 29"	5' 48"	6' 05"	5' 12"	4' 56"	4' 50"	4' 34"
1350	39.150	5' 02"	0h 52' 58"	6' 30"	6' 53"	6' 57"	7' 45"	6' 18"	6' 37"	5' 55"	6' 13"	5' 18"	5' 02"	4' 56"	4' 40"
1325	38.570	5' 07"	0h 53' 51"	6' 36"	6' 60"	7' 03"	7' 52"	6' 24"	6' 44"	6' 01"	6' 19"	5' 23"	5' 07"	5' 01"	4' 44"
1300	37.990	5' 13"	0h 54' 54"	6' 44"	7' 08"	7' 12"	8' 02"	6' 31"	6' 52"	6' 08"	6' 26"	5' 29"	5' 13"	5' 07"	4' 50"
1275	37.120	5' 20"	0h 56' 8"	6' 53"	7' 18"	7' 21"	8' 12"	6' 40"	7' 01"	6' 16"	6' 35"	5' 37"	5' 20"	5' 14"	4' 56"
1250	36.250	5' 26"	0h 57' 11"	7' 01"	7' 26"	7' 30"	8' 22"	6' 48"	7' 09"	6' 24"	6' 42"	5' 43"	5' 26"	5' 20"	5' 02"
1225	35.380	5' 33"	0h 58' 25"	7' 10"	7' 36"	7' 39"	8' 32"	6' 56"	7' 18"	6' 32"	6' 51"	5' 51"	5' 33"	5' 26"	5' 08"
1200	34.800	5' 39"	0h 59' 28"	7' 17"	7' 44"	7' 48"	8' 42"	7' 04"	7' 26"	6' 39"	6' 59"	5' 57"	5' 39"	5' 32"	5' 14"
1175	33.220	5' 47"	1h 0' 52"	7' 28"	7' 55"	7' 59"	8' 54"	7' 14"	7' 37"	6' 48"	7' 08"	6' 05"	5' 47"	5' 40"	5' 21"
1150	32.440	5' 54"	1h 2' 6"	7' 37"	8' 04"	8' 08"	9' 05"	7' 23"	7' 46"	6' 56"	7' 17"	6' 13"	5' 54"	5' 47"	5' 28"
1125	31.660	6' 02"	1h 3' 30"	7' 47"	8' 15"	8' 19"	9' 17"	7' 33"	7' 56"	7' 06"	7' 27"	6' 21"	6' 02"	5' 55"	5' 35"
1100	30.900	6' 10"	1h 4' 54"	7' 57"	8' 26"	8' 30"	9' 29"	7' 43"	8' 07"	7' 15"	7' 37"	6' 29"	6' 10"	6' 03"	5' 43"
1075	30.110	6' 19"	1h 6' 29"	8' 09"	8' 38"	8' 43"	9' 43"	7' 54"	8' 19"	7' 26"	7' 48"	6' 39"	6' 19"	6' 12"	5' 51"
1050	29.870	6' 28"	1h 8' 4"	8' 21"	8' 51"	8' 55"	9' 57"	8' 05"	8' 31"	7' 36"	7' 59"	6' 48"	6' 28"	6' 20"	5' 59"
1025	29.440	6' 37"	1h 9' 38"	8' 32"	9' 03"	9' 08"	10' 11"	8' 16"	8' 42"	7' 47"	8' 10"	6' 58"	6' 37"	6' 29"	6' 08"