






## The Run Formula Zones By Effort Level

| Zone                    | Talking Indicator | On a Scale of 1-10 | Your Face   |
|-------------------------|-------------------|--------------------|---|
| ZR                      | Singing           | 3 or below         |    |
| Z1                      | Conversation      | 4 - 6.5            |    |
| Z2                      | Phrase            | 6.5 - 8            |    |
| Z3                      | Word              | 8 - 9              |   |
| Best Sustainable Effort | NO talking        | >9                 |  |

