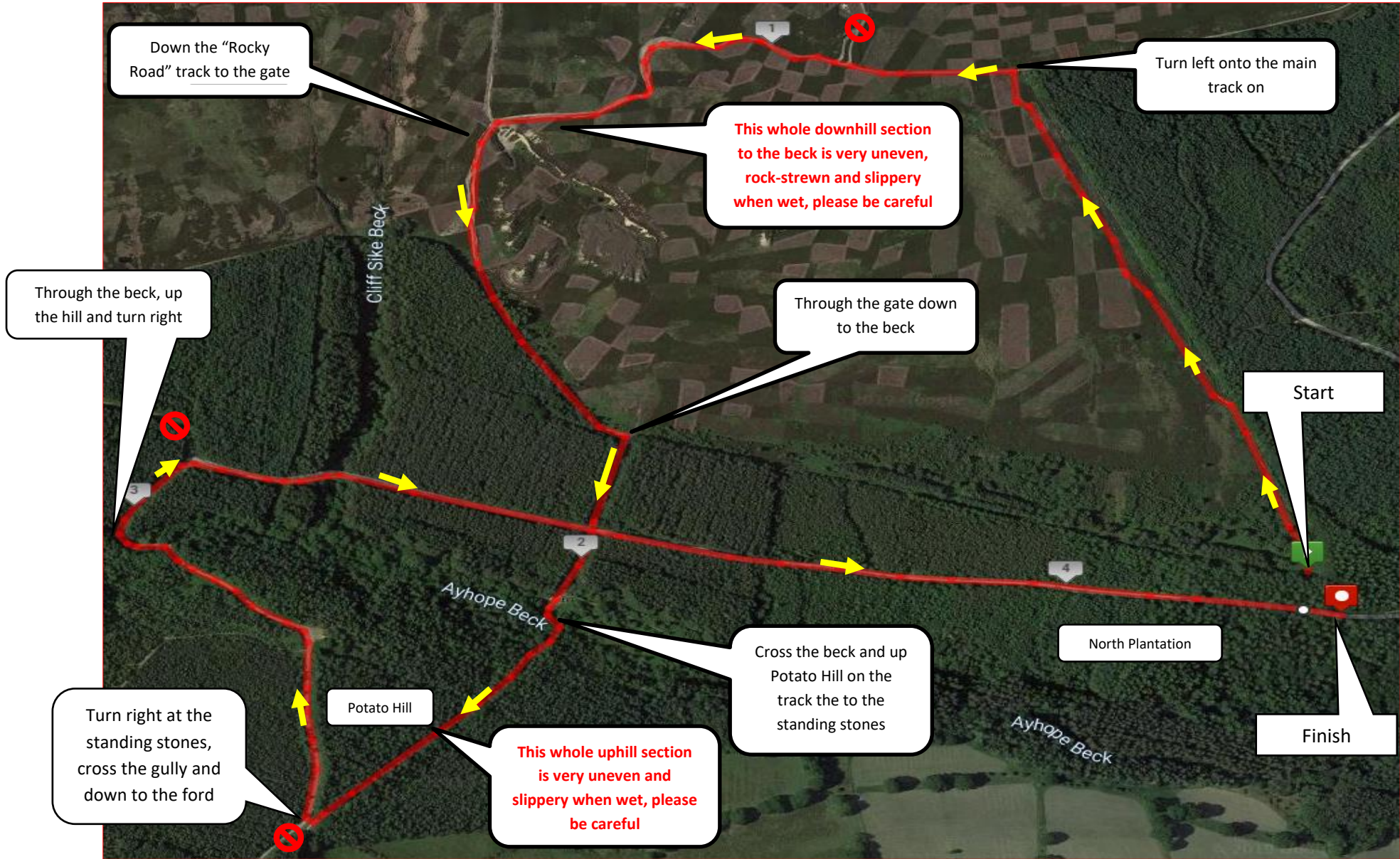


DFR Winter Handicap Route



DFR Winter Handicap Route

Aim: To run as fast as you can as if being chased by zombies to develop speed endurance.

Winter Handicap Sprint

Venue: High Forest Track North Plantation (Grid Ref. NZ 078 3132 or OL Map 31- East 407 North 531)

Distance: 4.28Km or 2.65 miles

RPE: 9, and 10 for the final few metres to the finish (try not to rest [too much] on the downhill sections!)

REMEMBER TO BRING A WATCH WITH STOPWATCH FACILITY

Number of Reps: 1, it's usually enough

This track is very uneven, rutted, and stony so wear appropriate footwear.

Covid-19 Guidance

- **Avoid other runners.**
- **Maintain social distance guidance.**
- **No spitting or nasal clearance on the circuit; please step off the track.**

Caution: if recent injury or back pain is present perform the activities with caution.

Be alert to mountain bikes and avoid them.

The track is very uneven especially the first downhill section and if wet, may be slippery

Please note: all runners undertake these sessions at their own risk.

Rate of Perceived Exertion (RPE) Scale

Grade	Exertion Descriptor		Pace
10	Maximum Intensity	Very very hard. Feels impossible to maintain, completely out of breath, can't speak, can only maintain it for a very short time	100m pace, sprinting final exertion at the end of a race
9	Very Hard	Difficult to maintain the activity, can barely breathe, speak one or two words only	800m pace
7-8	Vigorous Activity	Borderline uncomfortable, short of breath, can speak a sentence	7-3km pace 8-1500m pace
4-6	Moderate Activity	Breathing heavily, relatively comfortable but noticeably more challenging, short conversations	4-Half Marathon pace; competitive or recreational 10Km pace 5- Elite 10km pace 6-5Km pace
3	Light Activity	Moderate maintain for hours, easy breathing, can hold a conversation	Recreation Half/Marathon pace
2		Harder than 1 but easier than 2 breathing easy, hold a conversation	Easy Pace
1		Very light activity, easy breathing, bit more than 0, could talk for hours	Walking
0	Resting	At rest, couch potato style, possibly dead	Sedentary