

QUICK REFERENCE SHEET

Training Metrics Quick Reference

A stronger quick-reference sheet for one-rep max, pace, and heart-rate style training metrics.

QUICK OVERVIEW

Category: health fitness

Includes 1 related guide page.

Links back to 3 calculator tools.

FORMULA HIGHLIGHTS

Pace

$$\text{pace} = \text{time} / \text{distance}$$

CORE USE CASES

- One-rep max estimates support programming when direct max testing is unnecessary or unwise.
- Pace supports effort distribution over distance.
- Heart-rate zones provide broad intensity guidance.

IMPORTANT LIMITATIONS

- Estimated max is not the same as tested max.
- Pace is usually an average, not a full split analysis.
- Heart-rate formulas are approximate and must be checked against perceived effort.

PRACTICAL REMINDERS

Use trends and repeatability rather than one isolated number when making training decisions.