

Defining the Pacing Terms

“Pace” refers to how fast you cover a certain distance. Usually we talk about pace in terms of minutes per kilometer.

Brisk Walk - Every Sunday (or whatever day follows your long run) you’ll see a brisk walk in the program. This is not a stroll and you should be able to cover ~5.5 to 6.5 kilometers per hour. The brisk walk is key for recovery and a great way to connect with people in your life who have missed you while you’ve been out running.

Recovery Runs - These runs are *really* easy - as slow as you need to go to recover from a workout or long run. It is perfectly acceptable to swap these runs for some light cross training (e.g. hike, bike, swim, elliptical) instead. If you decide to jog on these days, don’t be afraid to take it very easy or even do a jog/walk combo. In order to keep it easy enough, even very fit individuals might benefit from walking up hills.

Easy/Long runs - These runs are also very slow and comfortable and there’s a broad range of paces that fall into this category. For many people a fast walk/hike may very well get them into the ballpark here. You should be able to converse easily with a training partner or breathe through your nose if running alone. For those with a GPS watch, aim for 5k pace + 1:30/km OR 10k pace + 1:15/km at the very fastest. If you have access to a heart rate monitor, keep these runs below $180 - \text{age}$. For example, a 40 year old would stay below 140 beats per minute ($180 - 40$). I *know* that you can run faster, but anything faster is not truly easy and interferes with aerobic development.

Most of your weekly mileage should be at these easy/recovery/brisk walk paces (~70-80%)

Marathon Pace (MP) - The pace that you can maintain for a full marathon. You can estimate this pace by adding ~15-20 sec/km to your half marathon pace.

Half Marathon Pace (HMP) - The pace that you can maintain for a

half marathon. You can estimate this pace by adding ~10 sec/km to tempo pace or ~15-20 sec/km to 10k pace.

Tempo - “Comfortably hard,” or the pace that you could maintain for a 1-hour race. Tempo pace is slightly slower than 10k race pace (5-10 sec/km), so even if your 10k PR is close to 60mins, add 5-10 sec/km to make tempo easier than 10k pace.

10k pace - The speed you would average for a 10k race. For example, if you run a 10k in 50 minutes, your 10k pace would be 5:00 mins/km.

Approximately 10-30% of weekly mileage should be at marathon, half marathon, tempo, and 10k race paces

5k pace - The speed you would average for a 5k race. For example, if you run a 5k in 22:30 minutes, your 5k-pace would be 4:30 mins/km.

Speed intervals - Pace for an all out 10-12 minute effort, approximately 5-10sec/km faster than 5k-pace.

Strides, hills - Pace does not matter. High effort for a short duration with excellent form and quick leg turn is what counts. Strides are ~100m where you gradually accelerate for the first 1/3, hold your speed for the middle 1/3, and gradually decelerate over the final 1/3. Hill training is a great way to increase your strength while minimizing pounding and injury risk.

Approximately 5-8% of weekly mileage should be done at 5k-pace or faster