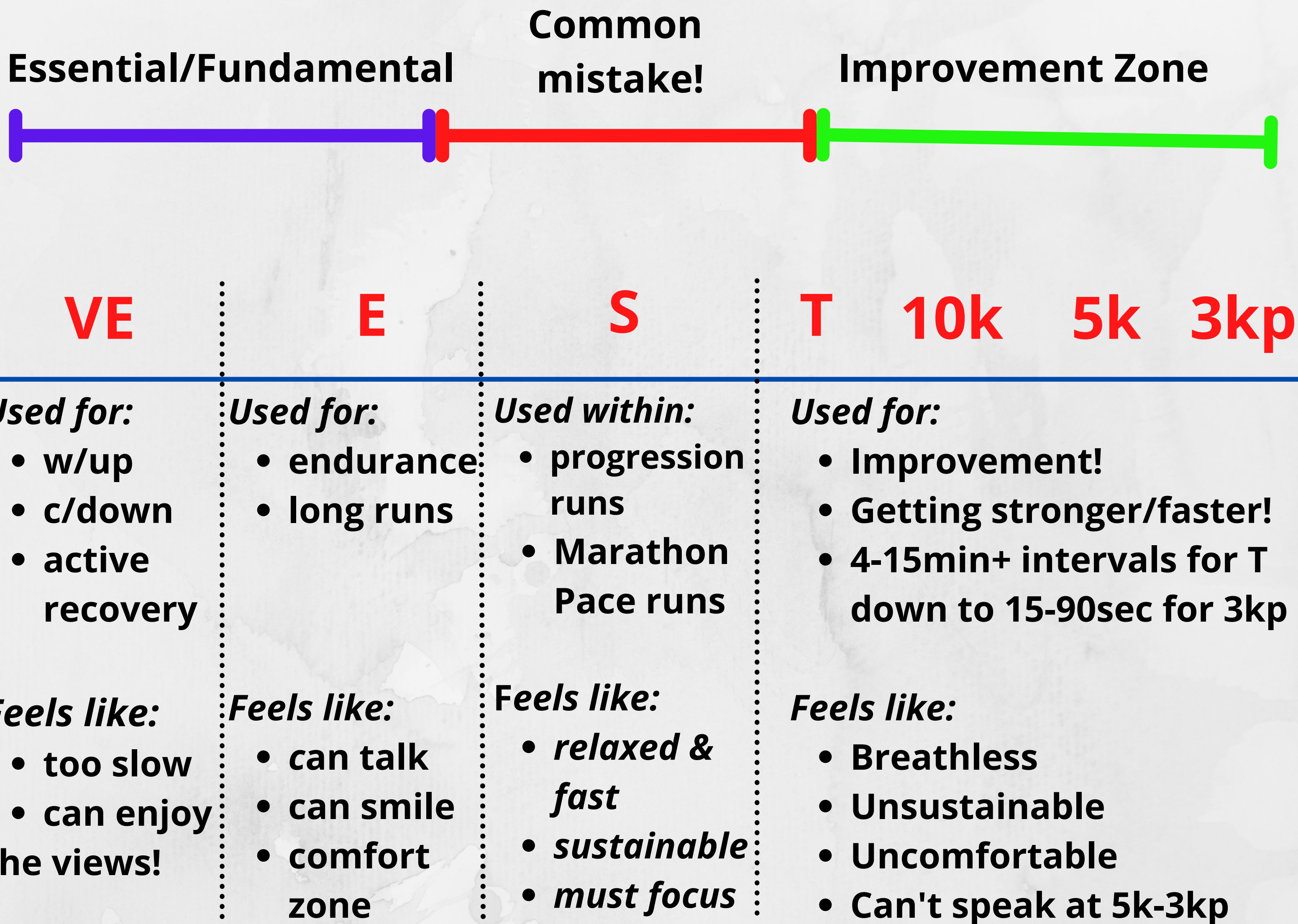


RUNNING PACE GUIDANCE

THE PACES THAT MAKE A DIFFERENCE!



Pace terminology

VE - Very Easy

E - Easy

S - Steady

T - Tempo

10kp - Could run 10k at this pace

5kp - " " 5k " "

3kp - " " 3k " "

For T, 10kp, 5kp and 3kp, the top end of those pace ranges may not be what you are able to run a whole 10k/5k/3k at currently. However, they are representative of what you are capable of with consistent training and improved fitness.

Core principle

The body responds/adapts to new and varied stimuli. A common mistake is most runs merging into a narrow range of paces just below and above 'Steady'. This is fatiguing, and does not provide the stimulus to encourage the body to adapt and therefore improve.