# RUNNING PACE GUIDANCE

#### THE PACES THAT MAKE A DIFFERENCE!

Essential/Fundamental	Common mistake!	Improvement Zone		

VE		E		10k	5k	3kp
	A SO					

# **Used for:**

- w/up
- c/down
- active recovery

# Used for:

- endurance:
- long runs

# **Used within:**

- progression runs
- Marathon Pace runs

### **Used for:**

- Improvement!
- **Getting stronger/faster!**
- 4-15min+ intervals for T down to 15-90sec for 3kp

# Feels like:

- too slow
- can enjoy

the views!

#### Feels like:

- can talk
- can smile
- comfort zone

### Feels like:

- relaxed & fast
- sustainable
- must focus

### Feels like:

- **Breathless**
- Unsustainable
- Uncomfortable
- Can't speak at 5k-3kp

## **Pace terminology**

**VE** - Very Easy

**E** - Easy

**S** - Steady

**T** - Tempo

3kp -

**10kp** - Could run 10k at this pace

5kp -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.