

# TRAINING PACES DEFINED

## ENDURANCE PACES

- Improves ability to run for longer and longer with less fatigue
- Increases oxygen delivery to working muscles
- Strengthens muscles, tendons, ligaments and bones - improving injury resistance
- Reach tireless state mentally

### RECOVERY RUNS

- Very short, very slow jogs to recover from previous training or racing
- Can be as short as 15 minutes or up to 1 hour
- Effort is very, very easy

### EASY RUNS

- Usually 15 to 90 minutes in length
- Effort is easy

### LONG RUNS

- Long duration running to build endurance and prepare for long distance races
- Usually at least one hour and up.
- Effort is easy but fatigue increases across the run

## TEMPO PACES

- Improves ability to run a fast pace for longer and longer
- Shifts the point where lactic acid production outpaces the ability to remove it (the lactate threshold) to a faster pace resulting in improved race times

Develops mental ability to judge effort - point between fast and too fast

## TEMPO PACES CONTINUED

### STEADY RUN

- Improves stamina
- Usually 25 to 90 minutes
- Effort is easy to medium

### TEMPO RUNS

- Challenges your threshold between easy and hard
- Usually 10 to 40 minutes
- Effort is medium

### TEMPO CRUISE INTERVALS

- Further development of your stamina
- Usually eight to fifteen minutes long with two to five minutes jog between
- Effort is medium-hard

## INTERVAL REPS

- Improves ability to run fast
- Maximizes oxygen delivery to the muscles and increases ability to remove lactic acid
- Develops mental toughness when facing severe fatigue

## FAST REPS

- Improves ability to run at near all out speeds
- Increases muscle coordination, improves running form and finishing kick
- Feels invigorating to run very, very fast