

HOW TO PR IN YOUR NEXT RACE



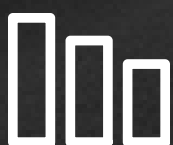
RUN SLOWER TO BECOME FASTER

Don't fall into the trap of always training at your goal pace -- or keeping up with your running buddies! You'll end up overtraining and under-performing because you are burning energy too quickly. You want to burn fuel more slowly so you can run longer. You'll raise your aerobic ceiling as you improve running efficiency and help recovery.

You should develop different "gears" for various workout or race efforts. Control your pace on slower runs by ensuring you can:

- Hold a conversation easily
- Breathe exclusively through your nose
- Run with a heart rate of your age subtracted from 180. Keep your heart rate at or below this number.

An easy run pace should be almost a minute slower than your marathon race pace and 1:45 to 2:00 slower than your 5k pace.



UNDERSTAND THAT PROGRESSION IS KEY

You wouldn't expect to improve by lifting the same ten pound weight the same number of times every day, would you? So you need to have an effective plan to improve your fitness and run faster. A simple example of progression is to do an interval-based workout one day per week. Each week add a little distance, increase the speed, or reduce the recovery of the intervals.

Small changes lead to big improvements. Examples:

Week 1 - 4 x 400 @ 7 min pace (90 sec recovery)

Week 2 - 4 x 400 @ 7 min pace (90 sec recovery)

Week 3 - 6 x 400 @ 6:55 (90 sec recovery)

Week 4 - 6 x 400 @ 6:55 (75 sec recovery)

Week 5 - New Interval Stimulus 3 x 1200 @ 7:30 pace (60 sec recovery), etc...



REGULARLY CHECK YOUR PROGRESS

Runners can go through their training cycles without ever knowing how fit they have become. As you continue through your progression phases, it is crucial that you monitor your fitness.

Every 3 to 4 weeks, hop into a race or setting up a baseline running test. After you check in, you will be able to adjust your workout pace and race goals. Do not be surprised that your original race goal will be too easy after you check in. Take this time to reevaluate your current race goal and to balance your training.

If you hit your workouts correctly and give yourself appropriate recovery time, you are guaranteed to improve. Use these calculators to help you adjust your training goals.