

Relaxing vs. Strugglefest: Word use After Different Distances and Paces of Runs

Said More after
Faster Runs of Similar Distances

Said Equally after
Faster and Slower Runs

Said More after
Slower Runs of Similar Distances

Said More after
Short Runs
(runs less than 3.5 miles)

Said Equally after
Short and Long Runs

Said More after
Long Runs
(runs more than 3.5 miles)

Number of Runs
with Notes
Mentioning Word

a	5
a	10
a	15
a	20

