Pace Yourself!
Why pacing is crucial to running performance

• Recreational runners tend to overestimate their pace by as much as 40 seconds which can have drastic effects on performance. Good pacing can be the difference between a PR and a slow run.

• Run with a stopwatch and try to keep pace.
  • Interval runs can help develop an awareness of pace. Try running on a track with an alternating fast and slow pace for 30 seconds. Try to cover the same distance each time and notice how that pace feels even when not looking at a stopwatch.

• Practice pacing at a lower intensity
  • Once you have found a good pace, try practicing at about 75-85% of that pace. This is a good speed to train pace because it is still physically challenging but you can run several more splits than you could at your full pace.

• The longer your event is, the more even your splits should be.
  • Short races (400m, 800m) should have strong starts, but going out too hard on longer races will drain a lot of energy.

• There are different pacing strategies that fit different running styles
  • Running progressively slower splits with a strong finish is very common, but some runners will start slow and build to their top speed. Each strategy has its own perks and drawbacks.

• Know YOUR body! Adopt a strategy that works well for you.

Examples of a 5k running pace (with a 10 minute mile avg.)

<table>
<thead>
<tr>
<th></th>
<th>GOOD Splits</th>
<th>BAD Splits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mile 1</td>
<td>10:02 minutes</td>
<td>9:12 minutes</td>
</tr>
<tr>
<td>Mile 2</td>
<td>10:05 minutes</td>
<td>10:02 minutes</td>
</tr>
<tr>
<td>Mile 3</td>
<td>9:55 minutes</td>
<td>10:48 minutes</td>
</tr>
</tbody>
</table>

Figure 5 — Average running speed for each interval during world-record performances in 800-m, 1-mile, 5000-m, and 10,000-m events. The running speeds for the mile event are shown with a dashed line (from Noakes and Lambert, in review). *Significantly slower than the first lap (P < .005). $\Phi$Significantly faster than preceding intervals.