



Coach-Athlete Q&A

A look at some coach-replies to common questions by topic.

Q: This is my first week of using pace as my guide. You prescribed a 9:07 pace for Tuesday and Thursday's run. On both days I was running way under that pace (roughly 7:55). Does that matter or should I really slow it down.

Unfortunately, I have not sustained this faster pace for an hour nonstop to give you any guidance as to whether I'm geared too slowly. I seem to have just one pace and this is probably it. I think I'm running at this pace in my races but w/ stops/walks the average pace balloons up. What do you think? Thanks.

BH

A: The ideal *may* lie somewhere in between.....but closer to 9 than 8 I'm certain of.

However, **THIS** I am sure of..... a 7:55 "endurance pace" equates to one who has run: ---18-flat for 5k, ----37:30 for 10k, ----a 1:23 half-marathon, and ----a 2:53 marathon

We ain't there, yet, brother. So what this tells me is that you're OVER-running your 'endurance' runs.

7:55 is your *marathon* pace (actually it's even a little *faster*).....NOT your 'endurance' pace.

The purpose of running SLOWER is to be able (metabolically) to run farther and train your fuel-delivery system to FUEL (using a greater % of fat) you for such durations. There IS a time for you to run 8-flat pace.....but it's on Marathon-paced sessions, not endurance runs.

Go 9-min/miles.....and watch what happens to your "fuel-economy" over the next 10 weeks. This is gonna be fun to watch your eyes open to this because it's counter-intuitive to run slower to be ABLE to run faster, but realize that the "systems" we're training are 5-fold:

- 1-cardiovascular O2 delivery
- 2-muscular strength
- 3-lactate removal
- 4-neuromuscular efficiency

.....and the one that an ENDURANCE RUN is focused for
5-metabolic economy

[ps: THIS is why we're now using *pace*, WAY more useful info.]

Sonni Dyer