Pacing is a critical aspect of successful running, because the goal is to maintain the desired pace for the entire race or workout – to finish each interval in the same amount of time. If you burn out and slowed the pace during past intervals, you probably started too fast: if you speed up throughout the workout, you probably started too slowly. Pacing really takes practice. Speed training uses short intervals distances because the pace is hard enough that it can only be maintained for a short period of time about 3 – 6 minutes. Keep your pacing simple by using your target for the 10K. Be sure your goals are realistic. Work on improving pacing and improving speed with no more than 6 minutes of high intensity running with an easy recovery run between the sessions. Maintain control of your form, leg turnover rate and breathing. Listen to your body and increase the intensity that’s right for your current level of fitness.

For extended advice and a full schedule visit us at [www.runningroom.com](http://www.runningroom.com)

### MARATHON (All distances in km)

<table>
<thead>
<tr>
<th>Week</th>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>15</td>
<td>29 LSD Run/Walk</td>
<td>Off</td>
<td>6 Tempo</td>
<td>10 Fartlek</td>
<td>10 Steady Run</td>
<td>Off</td>
<td>6 Steady Run</td>
</tr>
</tbody>
</table>

**Pace Guidelines**
- To Complete 4:00
  - Long Run: 6:22-7:11/km
  - Steady Run: 6:22
  - Tempo/Hills/Fartlek: 5:44
  - Average Pace for Run/Walk: 5:26
- To Complete 4:30
  - Long Run: 7:08-8:00/km
  - Steady Run: 7:08
  - Tempo/Hills/Fartlek: 6:26
  - Average Pace for Run/Walk: 6:09

### HALF MARATHON (All distances in km)

<table>
<thead>
<tr>
<th>Week</th>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>15</td>
<td>18 LSD Run/Walk</td>
<td>Off</td>
<td>6 Tempo</td>
<td>Speed 3x1.6km 11 km</td>
<td>8 Steady Run</td>
<td>Off</td>
<td>6 Steady Run</td>
</tr>
</tbody>
</table>

**Pace Guidelines**
- To Complete 2:00
  - Long Run: 6:34-7:23/km
  - Steady Run: 6:34
  - Tempo/Hills: 5:55
  - Average Pace for Run/Walk: 5:27

Run/Walk Interval = 10 minutes running, 1 minute walking
Hills are a distance of 600 meters