

Pacing Definitions

***Goal Race Pace (GRP)** – Pace athlete wants to race based on desires, dreams and plans. This is based on a marathon race time goal, for examples click the link. [Running Pace Calculator](#)

5K Pace – 90 seconds faster than your goal race pace. For example, if your goal race pace is 9:30 minutes per mile, your 5k pace should be 8 minutes per mile

10K Pace – 60 seconds faster than your goal race pace. For example, if your goal race pace is 9:30 minutes per mile, your 5k pace should be 8:30 minutes per mile

Additional Pace Definitions:

***Date Race Pace (DP)** – current race pace, based on recent all-out performances – consider variables such as temperature, competition, course, emotional output.

***Lactate Threshold Pace** – generally close to 10K – 10-mile GRP, breathing, moderate heart rate, steady, peppy, 20-30+ minutes

Tempo Pace - Tempo pace is approximately 15-45 seconds faster than your Goal Race Pace. Example: GRP is 9-minute mile; Tempo pace is 8:15 to 8:45 min/mile

Recommended Weekend Training Paces: - Runs 10-14 miles are AT GRP (or very close to your GRP)

GRP+ - Runs longer than 14 miles should be slower (anywhere from 15-60 seconds). Some groups slow down more than others. Your running experience and the weather will influence run pace. On long runs - it's more important to cover the distance, miles on feet, than it is to focus on pace.

*Credit: Road Runners Club of America – Coaching Certification Course