

PACE STUDY

Break group paces are based on performance at the Pineapple 5K, May 30, 2011 (or a recent 5K result).

This assumes there will continue to be a couple main groups withing Breakfast Club (Faster, Mid-pack, and Slower).

The slower group is shooting to finish this year's full at between 4:15:00 and 4:30:00. Therefore the slower group should have 5K finish times around 26 mins.

The faster group will be shooting for Boston Qualifying times at between 3:15:00 and 3:45:00 (M). Therefore the faster group should have 5K finish times around 20 mins.

The Run Less Run Faster book has data for every performance level, but here are the major minute intervals.

Run Less Run Faster FIRST Training Schedule (by Bill Pierce, Scott Murr, Ray Moss)

<http://www2.furman.edu/sites/first/Pages/FirstTrainingPrograms.aspx>

Modified for The Breakfast Club 2011-2012

3plus2 -Three quality runs per Week and two cross-training days

Track Repeat Pace is based on Table 4.1 (page62) of Run Less Run Faster book (5K Pace or slightly faster).

Tempo Pace is based on Table 4.2 (page66) of Run Less Run Faster book (10K Pace or slightly slower).

Marathon Pace is based on Table 4.3 (page72) of Run Less Run Faster book.

5K Performance	Marathon Pace	HMP	Short Tempo	Mid-Tempo	Long Tempo	Easy	400m (0.249mi)	600m (0.373mi)	800m (0.497mi)	1000m (0.621mi)	1200m (0.746mi)	1600m (0.994mi)	2000m (1.24mi)
faster group													
19:00min	7:04 (3:05.17)	6:44 (1:28.16)	6:24	6:39	6:54	7:59	1:22	2:05	2:47	3:31	4:17	5:51	7:24
20:00min	7:24 (3:24.03)	7:04 (1:32.38)	6:43	6:58	7:13	8:18	1:27	2:12	2:57	3:43	4:32	6:10	7:48
21:00min	7:47 (3:44.04)	7:27 (1:37.40)	7:03	7:18	7:33	8:38	1:31	2:19	3:07	3:55	4:46	6:30	8:12
22:00min	8:10 (3:44.07)	7:50 (1:42.41)	7:22	7:37	7:52	8:57	1:36	2:26	3:16	4:08	5:01	6:49	8:36
23:03min	8:35 (3:45.00)	8:15 (1:48.09)	7:44	7:59	8:14	9:19	1:42 (6:48)	2:35 (6:52)	3:28 (6:56)	4:22 (7:02)	5:18 (7:06)	7:11	9:04 (7:19)
slower group													
24:00min	8:53 (3:52.35)	8:33 (1:52.06)	8:00	8:15	8:30	9:35	1:46	2:41	3:36	4:32	5:30	7:27	9:24
25:00min	9:17 (4:03.24)	8:57 (1:57.20)	8:20	8:35	8:50	9:55	1:51	2:48	3:45	4:44	5:44	7:47	9:48
26:00min	9:39 (4:13.01)	9:19 (2:02.06)	8:39	8:54	9:09	10:14	1:56	2:55	3:55	4:56	5:59	8:06	10:13
26:13min	9:44 (4:15.00)	9:24 (2:12.11)	8:44	8:59	9:14	10:19	1:57 (7:48)	2:57 (7:52)	3:58 (7:56)	4:59 (8:01)	6:02 (8:05)	8:11	10:19 (8:19)
27:00min	10:01 (4:22.37)	9:41 (2:06.57)	8:58	9:13	9:28	10:33	2:00	3:03	4:05	5:08	6:13	8:25	10:37

Times Highlighted in Green are stated goals by these individuals.

Based on Run Less Run Faster Race Performance Prediction (Table 2.1 page 28)

Track Repeat Pace is based on Table 4.1 (page62) of Run Less Run Faster book (5K Pace or slightly faster).

Tempo Pace is based on Table 4.2 (page66) of Run Less Run Faster book (10K Pace or slightly slower).

Marathon Pace is based on Table 4.3 (page72) of Run Less Run Faster book.

Name	Pineapple 5K Time	10K Prediction	Half Marathon Prediction	Full Marathon Prediction	2011 Marathon Goal	Marathon Pace	HMP	Short Tempo	Mid-Tempo	Long Tempo	Easy	400m (0.249mi)	600m (0.373mi)	800m (0.497mi)	1000m (0.621mi)	1200m (0.746mi)	1600m (0.994mi)	2000m (1.24mi)	
William Salcedo	18:46.4	39:24	1:27:18	3:03:16															
Dale Ruby	19:07.7	40:06	1:28:50	3:06:31															
Mike Canan	19:15.1	40:27	1:29:37	3:08:08															
John Nehme	19:18.9	40:27	1:29:37	3:08:08															
Marathon Goal	20:03min	41:58	1:32:07	3:15:00	3:15:00	7:26 (3:15.00)	7:06 (1:31.09)	6:45	7:00	7:15	8:18	1:27	2:12	2:57	3:43	4:32	6:10	7:48	
Michael Fronsoe	20:49 (Pineapple 5K May/11)	42:34 (CSB April/11)	1:34:15	3:17:52															
Hector Garza	21:14.2	44:38	1:38:53	3:27:36															
Courtney Ryberg	22:29.3	47:04	1:44:17	3:38:57															
Anke Hutson	22:33 (South Hill 5K June/11)	47:25	1:45:04	3:40:34															
Marathon Goal	23:03min	48:32	1:47:43	3:45:00	3:45:00	8:35 (3:45.00)	8:15 (1:48.09)	7:44	7:59	8:14	9:19	1:42 (6:48)	2:35 (6:52)	3:28 (6:56)	4:22 (7:02)	5:18 (7:06)	7:11	9:04 (7:19)	
Frank Fender	23:12.0	48:49	1:48:09	3:47:04	4:30:00														
Ernie Ojito	23:27.9	49:10	1:48:55	3:48:41															
Rob Taylor	23:40 (South Hill 5K June/11)	49:31	1:49:42	3:50:18															
Diego Jarrin	24:01 (Pineapple Dry Run May/11)	50:34	1:52:01	3:55:10	4:30:00														
Mitzi Gilooly	25:07 (50 Kimes Jan/11)	52:38	1:56:38	4:04:53	4:30:00														
Amy Eversole	25:10.9	52:39	1:56:39	4:04:54	4:30:00														
Trisha Kukuvska	25:26.3	53:21	1:58:12	4:08:09	4:30:00														
Robert Audette	25:38.3	53:42	1:58:58	4:09:46															
Janet Napolitano	25:39.4	53:43	1:58:59	4:09:47															
Jena Welliever	25:59.6	54:24	2:00:31	4:13:01	4:30:00														
Giovanna Rivera	26:00.3	54:25	2:00:32	4:13:02															
Marathon Goal	26:13min	54:59	2:01:27	4:15:00	4:15:00	9:44 (4:15.00)	9:24 (2:12.11)	8:44	8:59	9:14	10:19	1:57 (7:48)	2:57 (7:52)	3:58 (7:56)	4:59 (8:01)	6:02 (8:05)	8:11	10:19 (8:19)	
Laura Glover	26:30.3	55:27	2:02:50	4:17:53															
Yuko Wood	26:46.7	56:08	2:04:22	4:21:07															
Marathon Goal	27:00min	56:29	2:05:09	4:22:44	4:22:44	10:01 (4:22.37)	9:41 (2:06.57)	8:58	9:13	9:28	10:33	2:00	3:03	4:05	5:08	6:13	8:25	10:37	

For 3:15 Goal, See page 223 of RLRf book.

"Presto"

For 3:45 Goal, See page 238 of RLRf book.

"Allegro"

For 4:15 Goal, See page 250 of RLRf book.

"Allegretto"

For 4:30 Goal, See page 253 of RLRf book.

"Accelerando"

"Moderato"

Three Quality Runs			
Type of Training	Track Repeats	Tempo Run	Long Run
Purpose	Improve max VO2, Running Speed, and Running Economy	Improve endurance by raising lactate threshold	Improve endurance by raising aerobic metabolism
Intensity	5K race pace or slightly faster	Comfortably hard; 15-45 secs slower than 5K race pace	Approximately 30 secs slower than goal marathon pace
Duration	10 mins or less	20-45 mins at tempo pace	60-180 mins
Frequency	Repeat shorter segments until quality work totals about 5K per session	One tempo run per week	One long run per week

Disclaimer: Running is a strenuous sport. Contact a physician prior to attempting these workouts or any endurance challenge. The Breakfast Club, and any of its members, do not endorse the use of these workouts. You are responsible for your own well-being, training, and research. Participation is at your own risk. By referencing these workouts you agree to waive your rights and hold harmless the creators and publishers of this information.