



Coach Stop – Repetition Pace....

Running quickly over a set distance several times over is called repetition training and will improve your speed-endurance so that you can improve your times in endurance events. But how do you pace these sessions, as we have a large group of runners to coach the coaches tend to use a rule of thumb approach rather than try to individually cater for each individual pace. This is either based on your parkrun pace, time trial pace or handicap run pace. Another example is the runner should not be able to hold a comfortable conversation. Whilst this is good for the large groups the coaches take on Mondays and Wednesdays. Some of you may want a more specific approach, especially if you are training for a particular event. Here are some guidelines for pacing your repetition session.

The pace for the sessions should be something like 85% to 90% of your best mile time. For example, if you can run a mile in 6 minutes then 85% = 6:54 pace for a repetition. For seven minutes per mile it is 8:03, 8-minute miling = 9:12. It is worth working out what your pace should be and trying to contain yourself at this level of speed.

The repetition times make look slow, but I used this method many years ago when training for a sub 1:30 half marathon. I did not lose any speed; in fact, I came away from the session not feeling tired and was able to run a hard 8-mile tempo session the next day without the legs aching or feeling tired.



Below are pacing tables based on the percentages above;

5min / Mile Pace				6min / Mile Pace				7min / Mile Pace				8min / Mile Pace			
85%		90%		85%		90%		85%		90%		85%		90%	
00:05:00	00:05:45	00:05:00	00:05:30	00:06:00	00:06:54	00:06:00	00:06:36	00:07:00	00:08:03	00:07:00	00:07:42	00:08:00	00:09:12	00:08:00	00:08:48
00:05:10	00:05:56	00:05:10	00:05:41	00:06:10	00:07:05	00:06:10	00:06:47	00:07:10	00:08:15	00:07:10	00:07:53	00:08:10	00:09:23	00:08:10	00:08:59
00:05:20	00:06:08	00:05:20	00:05:52	00:06:20	00:07:17	00:06:20	00:06:58	00:07:20	00:08:26	00:07:20	00:08:04	00:08:20	00:09:35	00:08:20	00:09:10
00:05:30	00:06:20	00:05:30	00:06:03	00:06:30	00:07:29	00:06:30	00:07:09	00:07:30	00:08:37	00:07:30	00:08:15	00:08:30	00:09:47	00:08:30	00:09:21
00:05:40	00:06:31	00:05:40	00:06:14	00:06:40	00:07:40	00:06:40	00:07:20	00:07:40	00:08:49	00:07:40	00:08:26	00:08:40	00:09:58	00:08:40	00:09:32
00:05:50	00:06:43	00:05:50	00:06:25	00:06:50	00:07:52	00:06:50	00:07:31	00:07:50	00:09:01	00:07:50	00:08:37	00:08:50	00:10:10	00:08:50	00:09:43

9min / Mile Pace				10min / Mile Pace				11min / Mile Pace				12min / Mile Pace			
85%		90%		85%		90%		85%		90%		85%		90%	
00:09:00	00:10:21	00:09:00	00:09:54	00:10:00	00:11:30	00:10:00	00:11:00	00:11:00	00:12:39	00:11:00	00:12:06	00:12:00	00:13:48	00:12:00	00:13:12
00:09:10	00:10:32	00:09:10	00:10:05	00:10:10	00:11:41	00:10:10	00:11:11	00:11:10	00:12:50	00:11:10	00:12:17	00:12:10	00:14:00	00:12:10	00:13:23
00:09:20	00:10:44	00:09:20	00:10:16	00:10:20	00:11:53	00:10:20	00:11:22	00:11:20	00:13:02	00:11:20	00:12:28	00:12:20	00:14:11	00:12:20	00:13:34
00:09:30	00:10:55	00:09:30	00:10:27	00:10:30	00:12:04	00:10:30	00:11:33	00:11:30	00:13:13	00:11:30	00:12:39	00:12:30	00:14:23	00:12:30	00:13:45
00:09:40	00:11:07	00:09:40	00:10:38	00:10:40	00:12:16	00:10:40	00:11:44	00:11:40	00:13:25	00:11:40	00:12:50	00:12:40	00:14:34	00:12:40	00:13:56
00:09:50	00:11:18	00:09:50	00:10:49	00:10:50	00:12:27	00:10:50	00:11:55	00:11:50	00:13:36	00:11:50	00:13:01	00:12:50	00:14:46	00:12:50	00:14:07