



RUNTEX UNIVERSITY

GOAL SETTING

If you are training for the 5K or 10K your goal has been set, finish the distance without pain, run a certain time, or beat the competition. This program is designed to accomplish any or all of the above. Training for the 5K/10K is more than just running around townlake three times a week. We are going to make running and walking fun by giving you a variety of workouts that will maximize your potential given the amount of time we have to prepare. If you continue this type of training year around, how fast or far you go is only limited by your willingness to train.

Intervals are vital to a running/walking program. There are two types of interval workouts, date pace and goal pace. Date pace is the pace you can sustain now for your goal distance, aerobically. Goal pace is the pace you hope to attain in the future. The difference between these two paces will be dependant on how much time you have to reach your goal. You can't work miracles. To make large improvements it takes consistent training over a long period of time.

Date pace is running hard, but staying aerobic. This means the aerobic energy system, which is painless, is adequate. It is a pace that could be sustained and repeated. The amount of work at date pace is dependant on your race distance. For the 10K it is important to do 3 miles of intervals at your date pace once a week. The rest between intervals is usually 1-2 minutes. The length of the interval is usually 1/2 mile to 1 mile. Date pace workouts don't take as much mental energy and don't breakdown the body as much so they can be done more often.

Goal pace, on the other hand, is more strenuous and cannot be sustained for long in the beginning or your program. This type of workout is bound to be anaerobic which means the amount of energy needed can't be produced by the aerobic system. The anaerobic system leaves you feeling uncomfortable. Your goal pace should be specific to the 10k. When you first attempt goal pace, you will need to keep the repeats short enough to keep the pace. Longer rest is necessary with the increased intensity. If you can't sustain the pace for a 1/2 mile, 4-6 times, it is too fast.

If you are trying to beat the distance, you will need one date pace workout a week. If you want to beat the clock, you will need to add a goal pace workout as well. If you hope to beat your competition, you will need to do two goal pace workouts and one date pace workout per week. This program will rotate these two types of workouts with overdistance, steady states, hilly, and recovery runs/walks. We will describe these other types next week.

