

How to Use the Running Pace and Time Summary Chart

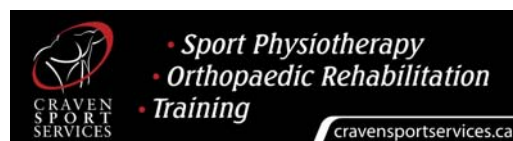
The Craven SPORT services Running Pace and Time Summary is a worksheet designed to help you find and train at the paces that are appropriate for you. Each summary is completed individually based on your total time to run 2km.

Once you complete your first 2K test, your time is entered into the boxes labelled “last 2K test” and “Personal best time” for the 2K and your average pace is calculated for the 2K test. From there your time is entered into the 2peak.com calculator (website link on the sheet) and the paces for your High Power (200m, 400m, 1000m), Recovery, Basic Endurance, High Endurance, Anaerobic Threshold, and High Power training zones are recorded.

These paces are then entered into the appropriate boxes to show you the paces for these training zones. You will see times in seconds matched up with distances; these are telling you that if you run at “X” pace for each distance it should take you “X” seconds to complete the distance. There are also boxes for 5K, 10K, Half Marathon, and Full Marathon distances. If you have run one of these distances before you can enter in your time, to see your average pace. If you wish to run one of these distances and have a goal time in mind you can enter in the time into your “Goal time” to see what pace you need to be running at to accomplish your goal time.

Threshold Heart Rate (THR) and your Heart Rate Training Zones can also be calculated on the second tab using your heart rate taken at the end of your 2K test.

For more information please contact Craven SPORT services at: (306) 934-2011, or email us at: craven.sports@sasktel.net.



“EXERCISE IS OUR MEDICINE”