

XC Training Pace Definitions

Pace (slowest to fastest)	Definition
Easy	<ul style="list-style-type: none"> Talking during easy runs should be easy
Steady	<ul style="list-style-type: none"> Just a touch faster than easy run effort
Power Run (PWR)	<ul style="list-style-type: none"> An effort more than a pace "Marathon" pace Done on hilly terrain Easy - 40-60 seconds/mile 5k + 40-90 seconds/mile Threshold + 15-45 seconds/mile
Threshold (Tempo)	<ul style="list-style-type: none"> An effort more than a pace Comfortably hard You should be able to say 2 short sentences 5k + 25-45 seconds/mile 3200 + 30-50 seconds/mile
10k	<ul style="list-style-type: none"> 5k pace + 10-15 seconds/mile
5k DP/GP	<ul style="list-style-type: none"> 5k Date Pace (DP): Your current season best pace 5k Goal Pace (GP): Your goal 5k time pace
3200	<ul style="list-style-type: none"> 5k - 10-15 seconds/mile 1600 + 20-25 seconds/mile
1600	<ul style="list-style-type: none"> A pace you can hold for 5-7 minutes 3200 - 20-25 seconds/mile
800	<ul style="list-style-type: none"> A pace you can hold for 2-3 minutes
Strides	<ul style="list-style-type: none"> 4-8 x ~100m @ 1600-400 pace Relaxed, focus on form NOT SPRINTING
Fast	<ul style="list-style-type: none"> ~400m pace or a little faster Speed over longer distances
Sprints	<ul style="list-style-type: none"> 80m or less As fast as possible