

## XC Training Pace Definitions

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