How Fast Should I be Running?

Boys*

- Vista JV Top 5 > 17:30
- Vista Varsity Top 5 > 16:30
- All-League and Regional > 16:15
- All State > 15:50
- NXN/Footlocker National Qualifier > 15:20

*Approximate averages from 2010-2013

Girls*

- Vista JV Top 5 > 20:45
- Vista Varsity Top 5 > 19:45
- All-League and Regional > 19:00
- All State > 18:15
- NXN/Footlocker National Qualifier > 17:45

*Approximate averages from 2010-2013

The following training table will give you an approximate idea of how fast you need to be running in training based on your current PRs. Although this is not an exact science, and there are other variables to take into consideration, the numbers provide a general guideline for athletes to follow in training.

5K Time	Aerobic Run Pace per mile	Tempo Run Pace per mile	800 Meter Run Equivalent Training Paces*	1 Mile Equivalent Training Paces*	2 Mile Equivalent Training Paces *
15:00	6:15-6:45	5:15	1:50	4:19	9:16
15:30	6:25-6:55	5:25	1:55	4:30	9:37
16:00	6:35-7:05	5:35	2:00	4:37	9:53
16:30	6:45-7:15	5:45	2:07	4:48	10:16
17:00	6:55-7:25	5:55	2:11	4:56	10:35
17:30	7:00-7:30	6:05	2:15	5:05	10:54
18:00	7:10-7:40	6:15	2:19	5:15	11:15
18:30	7:20-7:50	6:25	2:24	5:25	11:33
19:00	7:25-7:55	6:35	2:28	5:33	11:50
19:30	7:35-8:05	6:40	2:31	5:43	12:13
20:00	7:45-8:15	6:50	2:37	5:50	12:28
20:30	7:55-8:25	7:00	2:41	6:00	12:50
21:00	8:05-8:35	7:10	2:47	6:10	13:10
22:00	8:25-8:55	7:30	2:56	6:28	13:47
23:00	8:45-9:15	7:45	3:06	6:48	14:26
24:00	9:00-9:30	8:05	3:16	7:05	15:03
25:00	9:15-9:45	8:25	3:27	7:25	15:45

- Subtract 1 to 2 seconds to convert to 1600 meter times
- Subtract 3 to 4 seconds to convert to 3200 times
- Subtract the following numbers from any event to get an approximate idea of what you could run at sea level.
    - 800-0.7 secs Mile-7 sec 2 mile 15 secs 5,000-25 secs

Aerobic Runs

What does this do for me?

- Puts "Money in the Bank"
- Develops your cardiovascular system
    - Makes your heart stronger
    - Muscles receive increased blood supplies through increase in capillaries
    - Muscle cells increase ability to ability to produce oxygen
- Builds a large "aerobic base" which higher intensity training and racing can be performed
- Strengthens muscles to help prevent injury

How should easy runs feel?

- Conversational pace
- Minimal discomfort
- Intensity is easy

When do we do these?

- General Aerobic Runs
- Recovery Runs
- Long Runs
- Warm-ups and Cool-downs
- 90% of what we do is easy aerobic running

Tempo Runs/Workouts

What does this do for me?

- Improves endurance
- Helps your body efficiently clear blood lactate (that really heavy and burning feeling you get in your legs when you are running fast).

How should they feel?

- Comfortably hard
- Running at 90% effort
- 25-30 seconds slower than 5K race pace

When do we do these?

- Tempo Runs
- Tempo Intervals w/ short rest (i.e. 3-4x 5mins w/ 1 min jog recovery)
- Progression Runs