

TYPES OF RUNS

Easy Over-Distance Run (EOD) or EASY: We break “regular runs” into two types. The first, an easy over-distance run, should be run at a pace well above a jog, but slower than an aerobic over-distance run (see below). For high school distance runners this is typically 2:30-3:00 minutes per mile slower than 5k race pace. This run should be done within an exact pace range based on an athlete’s number in the workgroup system.

Aerobic Over-Distance Run (AOD): For high school distance runners this is typically 1:30-2:30 minutes per mile slower than 5k race pace. These runs are a staple in distance training and needs to be real work, not hard work. This run should be done within an exact pace range based on an athlete’s number in the workgroup system.

Steady State Run: This zone exists between the AOD zone and the Tempo Run zone (see below). For high school distance runners it is typically 35-50 seconds per mile slower than 5k race pace.

Tempo Run: A sustained run (20-40 minutes in length) slower than 5k race pace, but a little harder than steady state pace. For high school distance runners it is typically 20-30 seconds per mile slower than 5k race pace. AKA lactate threshold pace. Keep in mind that that tempo running pace needs to be about the “feel” of the pace. Don’t get locked into a pace on the clock. Go by feel. EOD, tempo pace and race pace all feel very different. Learn what they feel like. Record your rating of the run (1-10, 1 being very easy, 10 being very hard). Tempo runs usually rate from 5-7 depending on the length and difficulty of the run.

Progression Run: A run that begins at a runner’s natural pace and ends with a faster segment at anywhere from marathon down to 10K pace. These runs are generally intended to be moderately challenging—harder than base runs but easier than most threshold and interval runs. Because they’re a medium-effort workout, the recovery time is less than more intense sessions.