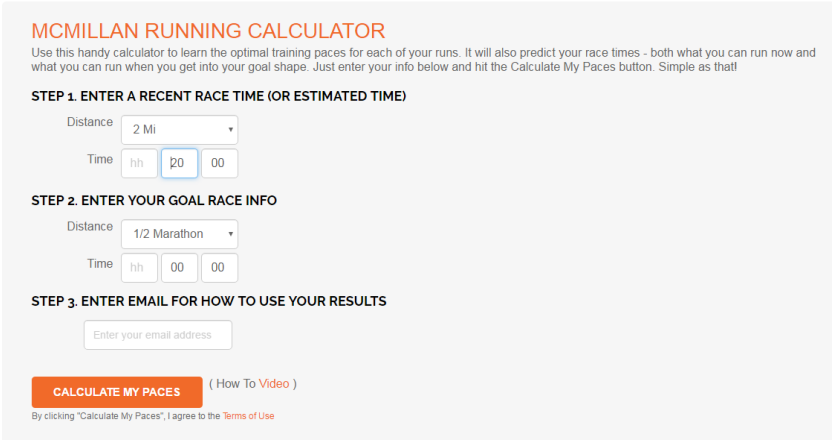
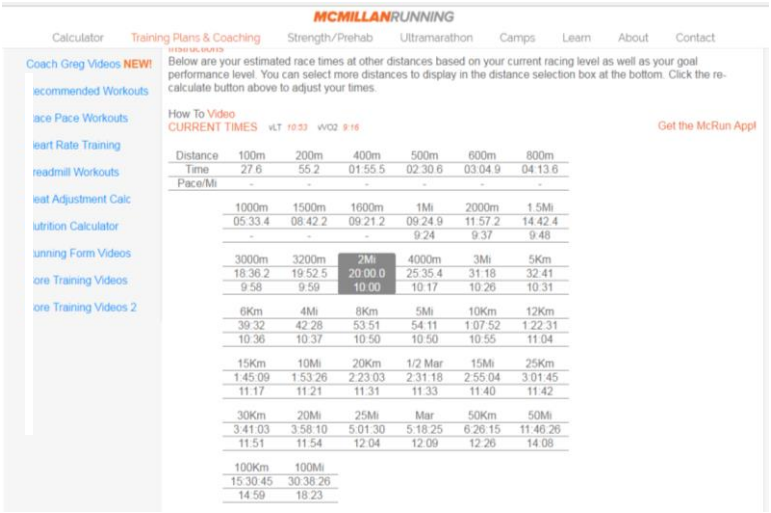
Pace Chart

For runners that did the assessment and would like a pace chart, here is a brief explanation of how to find it.

1. Go to www.mcmillanrunning.com
2. Enter in your 1 or 2 mile assessment time.
3. You may also enter in your goal race time, though it's not necessary to receive workout paces. Click "Calculate My Paces"



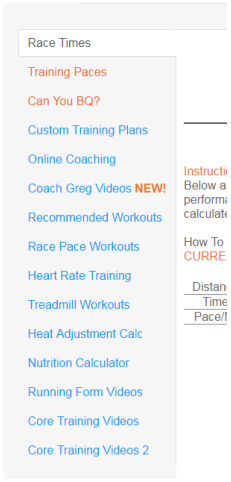
4. On the first page you will see your estimated race times based on your assessment and current fitness level.

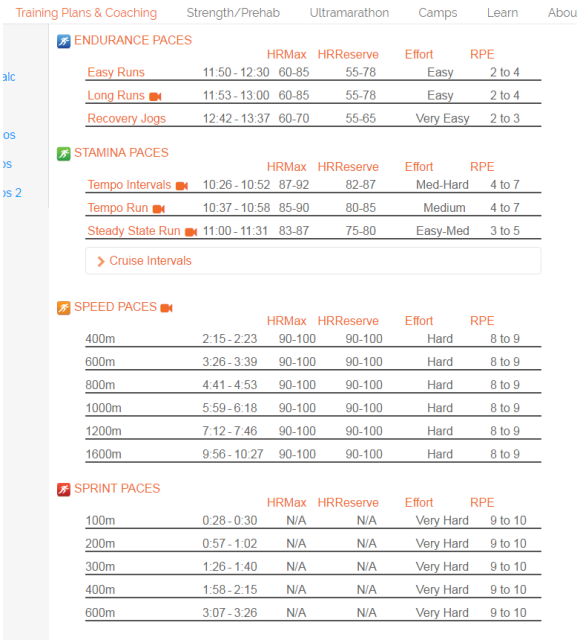


FLEET FEET Sports

Pace Chart

5. Look to the left of the race times. At the top of this column of options find, “Training Paces” in orange. Open this tab.
6. Under Training Paces you will find the recommended paces for each workout. First find **Easy Runs**. This is the pace window you want to stay in during your easy mileage throughout the week. Next find **Tempo Intervals**. This is the pace window you want to use for Threshold pace workouts. Lastly, find **Steady State**. This is the pace window you want to use for your Goal Half Marathon pace mileage.





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ENDURANCE PACES

		HRMax	HRReserve	Effort	RPE
Easy Runs	11:50 - 12:30	60-85	55-78	Easy	2 to 4
Long Runs	11:53 - 13:00	60-85	55-78	Easy	2 to 4
Recovery Jogs	12:42 - 13:37	60-70	55-65	Very Easy	2 to 3

STAMINA PACES

		HRMax	HRReserve	Effort	RPE
Tempo Intervals	10:26 - 10:52	87-92	82-87	Med-Hard	4 to 7
Tempo Run	10:37 - 10:58	85-90	80-85	Medium	4 to 7
Steady State Run	11:00 - 11:31	83-87	75-80	Easy-Med	3 to 5
Cruise Intervals					

SPEED PACES

		HRMax	HRReserve	Effort	RPE
400m	2:15 - 2:23	90-100	90-100	Hard	8 to 9
600m	3:26 - 3:39	90-100	90-100	Hard	8 to 9
800m	4:41 - 4:53	90-100	90-100	Hard	8 to 9
1000m	5:59 - 6:18	90-100	90-100	Hard	8 to 9
1200m	7:12 - 7:46	90-100	90-100	Hard	8 to 9
1600m	9:56 - 10:27	90-100	90-100	Hard	8 to 9

SPRINT PACES

		HRMax	HRReserve	Effort	RPE
100m	0:28 - 0:30	N/A	N/A	Very Hard	9 to 10
200m	0:57 - 1:02	N/A	N/A	Very Hard	9 to 10
300m	1:26 - 1:40	N/A	N/A	Very Hard	9 to 10
400m	1:58 - 2:15	N/A	N/A	Very Hard	9 to 10
600m	3:07 - 3:26	N/A	N/A	Very Hard	9 to 10

7. If you have any questions, please don’t hesitate to email training@fleetfeetsacramento.com.