



Hospital Hill Run Pace Team Selection Guide **A Sound Approach to Choosing the appropriate Pace Team**

This prediction chart was calculated by Gerry Purdy in his book, Computerized Running Training Programs. I have rounded the numbers to make it easier to remember the corresponding times for your target race. For the average runner under average conditions, a 22 minute 5K would give them the necessary speed to do a 1:40 half marathon. Conversely, a 4:15 marathoner should be able to run a sub 2:00 half marathon. Of course, there will be a variety of outcomes on either side of this performance curve depending on the race course, weather, training specific to the distance, mental preparation, and pacing strategies, to name a few. Each person will tend to have a niche distance that they will do better at. However, the chart is accurate for most people. In other words, use it with discretion.

With Hospital Hill Run's terrain and typical warm weather, here are my recommendations on choosing your pace team wisely. Under ideal conditions in the 50's, you will still run a few minutes slower compared to most half marathons, but you can start out with the pace team predicted by your other spring race results. If it's 70 degrees or warmer, choose the next slowest pace team for your given race performance in other races. If you feel better than expected by the 6-8 mile section of the race, you can always pick it up. For first timer half marathoners, go no faster than the next slowest pace team since the number one goal should be to finish with time as a secondary goal.

In any case, it's better to start conservatively with the option to pick it up rather than starting aggressively and be forced to slow down later – Hospital Hill Run has chewed up many a runner who went out by how they felt. Never trust how you feel in the beginning since the adrenaline of the start will create a false reading. Wait until at least the 3 mile mark before determining how much you truly want to push the pace. A time achieved on a hilly tune up race course will prove to be more accurate as will a race closer to Hospital Hill Run (no closer than 2 weeks for a 5K, 3 weeks for a 10K, 4 weeks for a half marathon, and 5+ weeks for a marathon).

If you cannot make it to a race, substitute one of your workouts for a time trial on a track or measured trail on relatively flat terrain. Warm up 20 minutes, then run as smart and hard as you can for 2 miles (inside of lane 1 for 8 laps on a track – 4 laps to a mile) followed by a 5-10 minute cool down jog. You can take your pace and look at what this pace for a 5K equates to for your target race. 2 miles by yourself equates to running in an actual 5K race.

In helping you choose a more appropriate pace team given your ability, it will prove to be a win-win situation as more people will actually get to run and work together from start to finish with the guidance of our pacers. Good luck in choosing wisely! To have a realistic shot at running for the following half marathon pace teams, you should be able to run the listed times for the corresponding race distances in the same row.



HALF MARATHON

<u>PACE TEAM</u>		5K		10K		MARATHON	
<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>	<u>Pace</u>
1:30	6:50	19:10	6:10	40:20	6:30	3:10	7:15
1:35	7:15	20:20	6:30	43:00	6:55	3:23	7:45
1:40	7:40	22:15	7:10	47:00	7:35	3:33:30	8:10
1:45	8:00	22:15	7:10	47:05	7:30	3:44	8:30
1:50	8:25	23:30	7:30	49:40	8:00	3:55:30	9:00
1:55	8:50	24:15	7:50	51:25	8:15	4:06	9:20
2:00	9:10	25:30	8:10	54:00	8:40	4:17:20	9:50
2:05	9:30	26:15	8:30	55:50	9:00	4:28	10:15
2:10	9:55	27:25	8:50	58:15	9:20	4:39:15	10:40
2:15	10:20	28:15	9:10	1:00:15	9:40	4:50	11:05
2:20	10:40	29:25	9:30	1:02:50	10:05	5:02	11:30
2:25	11:05	30:25	9:50	1:05	10:25	5:13	11:55
2:30	11:30	31:25	10:05	1:07:15	10:45	5:24	12:20
2:40	12:10	33:25	10:45	1:11:45	11:30	5:45	13:10
2:50	13:00	35:15	11:20	1:15:15	12:05	6:07	14:00
3:00	13:45	37:20	12:00	1:19:50	12:50	6:32	15:00
3:15	14:55	40:45	13:05	1:26:35	13:55	7:10	16:25
3:30	16:10						