

# W7 and not fast enough???

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[looseit08](#) 21 posts since

Jul 22, 2008

I have already signed up for my first 5K on Oct. 26th. I am currently on W7D3 of C25K which I will do tomorrow. I am starting to stress a little because I just recently started monitoring my time vs. distance around week 6. Week 6 I seemed to be on track, but this week I am only doing 2 miles in the 25 minutes. I do not feel that I can go any faster at this point. I feel like I am doing really well just to complete each run without walking. Will I be able to do the 5K I have signed up for without being a half hour behind all the others? I have never done a 5K and I am nervous. My goal was just to be able to finish and I did not focus on time for the first 6 weeks of the C25K program but now I am worried. I did W7D1 on the treadmill and I was only jogging about 4.4-4.5 mph. Is that WAY too slow? What do I need to do?



[dwm082](#) 1,172 posts since

Dec 14, 2007 1. Re: **W7 and not fast enough???** Sep 11, 2008 11:07 AM

Congratulations on getting through the first six weeks of the program. That alone is quite an accomplishment!

As far as your speed, the short answer is not to worry about it. If you take a closer look at the program, you're supposed to run for a certain amount of time OR a certain distance. You're not expected to run that distance IN that time. In truth, that would put you at a 9:40 min/mile pace, and that's probably not feasible for most folks who are just getting off the couch.

Since you're working towards a specific 5k, I'd focus on the distance side of things and ignore the time from this point on. In fact, that's exactly what I did when I completed the program. I ran the first six weeks using the time intervals, then did the last three weeks using distance. That gave me the "mileage confidence" to run the entire 5k a bit less than a month later.

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There's no "right" speed for the program except for the one that keeps you being active. Don't worry about where you finish, just focus on finishing. After you have a baseline performance (Personal Record, or PR), you can start to work at improving your times. Focusing on speed right now is an invitation to injury.

Finally, you'll have good days and bad days. Some days I get out the door and I struggle to hold a 10:00 min/mile pace. Other days I can cruise around the neighborhood at 8:30 min/mile and feel like I have plenty in the tank to go even faster. Don't let one or a couple of workouts dictate how you feel about your progress. Look at the overall trend. Are you fitter than you were seven weeks ago? I'd wager yes. 😊

Good luck with the rest of the program and with your 5k next month. Please keep us posted on how you're doing and how the race goes.


Don



[jc34360](#) 41 posts since

Aug 27, 2008 2. **Re: W7 and not fast enough???** Sep 11, 2008 2:18 PM

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 in response to: [dwm082](#)

Hey -


Congrats on signing up for your first 5K! Don is right - it's not about speed, it's more about the distance. I felt like I should reply to this though b/c I ran my first "official" 5K back in July. I was really nervous that I'd be like the last one to finish. People kept telling me there will be people faster than you and people slower but I didn't believe them. What matters though is that it's so true. I've been running consistently now since then and still only really run around a 12 min mile or so.

Just have fun and use it at your first benchmark. Then eventually when you get the distance nailed down you can eventually focus on getting faster 😊



[Apocalypse](#) 64 posts since

Aug 4, 2008 3. **Re: W7 and not fast enough???** Sep 11, 2008 5:49 PM

 in response to: [jc34360](#)

For C25k, there is no "too slow" - only a pace which you are comfortable with. Speed will come later, what you're doing now is building up endurance and aerobic fitness.

I do 11:20 miles (7min kilometer) and that's what I'm happy with.

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[LuvinGAB](#) 2 posts since

Dec 14, 2007 4. Re: **W7 and not fast enough???** Sep 11, 2008 6:59 PM

Hi there! I had just completed week four when I finished my first 5k and it took me 42 minutes. But boy was I proud when I crossed the finish line! You are doing great! Just keep that c25k in mind and do the best that you personally can do.



[DsrtKnight](#) 2 posts since

Aug 25, 2008 5. Re: **W7 and not fast enough???** Sep 11, 2008 7:22 PM

Congrats on your first 5K and I share everyone's regards about focusing on your distance and not time. The fact that you have chosen to participate is a great first step and you don't need to set yourself up for disappointment by setting unrealistic goals. Focus on finishing, irrespective of time or if you walked. Finishing is your goal on every race but especially the first one because your confidence will grow from there. Once you prove to yourself you can finish, then you can add the next step of finish...without walking, within x minutes, within the top 'y' finishers of your age group, then within the top 'x' finishers of the race. Build your goals over time and don't let yourself get disappointed. Also, you will stumble and some races will be tougher than the last or you may have to decide to run injured or with a cold, or whatever limitation you find. But racing is often more mental than physical. Set achievable goals, pursue them, achieve them, then set your next goal at a tougher level.

Good luck.



[tragirl](#) 8 posts since

Aug 10, 2008 6. Re: **W7 and not fast enough???** Sep 13, 2008 9:54 AM


Totally awesome finishing W7. I am W8 day2 and I am nowhere near the the actual speed I should be at. I am about a 12-13 minute mile. Sounds like that is where you are. I think thats pretty good for people who were on the couch 2 months ago. Just keep adding 5 minutes each week until you reach the 3.1 miles and then work on speed. Concentrate now on getting to the end of the 5k. The speed will improve with time. Good Luck. Remember the point is to finish.

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[dwm082](#) 1,172 posts since

Dec 14, 2007 7. Re: **W7 and not fast enough???** Sep 13, 2008 6:59 PM

 in response to: [tragirl](#)

Congratulations on your progress, tragirl. I just wanted to reiterate the point that I and others made before: there's no speed you "should" be at. Your speed is your speed. After building a solid base (a few months of 20-or-so miles per week), you might consider incorporating some speed work to get faster, but don't feel like you should be faster than you are. No matter what, you're going faster than the speed of couch. 😊

Don