

Improving Pace



[pekingman](#) 3 posts since

Apr 21, 2008

How do I improve my 10K pace?

I have been running for about 2 years but did my first race this year with the goal of doing a race every month (so far so good).

Race 1 - 10K pace 9:07/m

Race 2 - 8Mile pace 8:24/m

Race 3- 10K pace 8:35/m

Race 4- 10K pace 8:27/m

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My next 10K is about a month a way, and I really want to get under 50 minutes, which would require about an 8 minute pace. My training is 3 miles 3 times during the week (treadmill) and 1 long run on the weekend (8-12 miles).

Any suggestions on how I can hit the 8 minute pace in my next 10K?

Tags: race, 10k, advice, pace, pace, improve



[lenzlaw](#) 7,024 posts since

Jan 18, 2008 1. **Re: Improving Pace** Apr 5, 2009 3:41 PM

Honestly, you probably won't take that much time off in only one month. Start doing intervals once a week, either 800s in about 3:55 or 400s in 1:55, or some combination of the two. They are best done on a track, with slow recovery after each of the same length of time. Start with 4 to 6 and add a couple each week to a maximum of 10 to 14.

Strides done at the end of an easy day can also help. These are pickups of 50 to 100 meters, quick but not a sprint, focusing on form and turnover. Do 6 to 10 with an equal length recovery after each.

Improving Pace

Len



[kevpugh](#) 72 posts since


Jan 15, 2008 **2. Re: Improving Pace** Apr 9, 2009 5:01 PM

Good advice from Len. I agree that it's a big expectation to cut off about 30-seconds per mile in just a month. It's possible, but pretty aggressive, and it won't leave you in peak form for the race anyway. While threshold running will certainly be valuable in your training, I'd also suggest you consider extending your distance a bit during a long run 1x/week. Long, slow running (and I mean slow...like 11min/mile for you) will improve your "running economy", which has great benefits for shorter, faster races too. Good luck!



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Apr 21, 2008 **3. Re: Improving Pace** Apr 9, 2009 5:11 PM

 in response to: [kevpugh](#)

Thanks for the responses. After writing this I realized that taking 30 seconds off is not an easy task, probably better to set for my goal by the end of year rather than next month (3 minutes from 53 seems easy but when you think 30 seconds off each mile seems pretty tough....)

If I understood it, I should try extending my long runs and doing some speed work once or twice a week. I will give it a shot. I also read a lot about Tempo Runs, I don't really get this, seems like my normal run is a Tempo run as I tend to run about 30 seconds slower than my race pace on most of my runs.