



**MY SUPER AWESOME**

# **PACE GUIDE**

# WELCOME!

Hello I'm Jessie Gruca --

I am a Road Runners Coaching of America (RRCA) certified running coach and veteran runner based in Northville, MI. I have been racing for over 15 years now, running 5Ks, 10Ks, half marathons, and full marathon. I have qualified and completed the Boston and New York City Marathons in 2013 and 2016 respectively all with putting together my own training plans. I have worked through my own injuries, over-training, under fueling, to figure out what works to stay injury free and successful in my training cycles.



Running with Roses, LLC came about while I was training with my dog, Rose. Having a running partner can really help your motivation to get out the door along with a good training plan that is not the same run every time. I can help be your support throughout your running journey along with providing you with a training plan that keeps you engaged and want to succeed to reach your running goal.

Congratulations on starting your plan with figuring out your paces you need for different runs!

Happy Running,  
*Coach Jessie*

# PACES

## Results from Questionnaire



### Easy Pace

Conversation pace  
RPE 3 out of 10

### Tempo

Comfortably Hard  
Can't hold longer  
than 1 hour

### Interval

Max. Effort  
~5K pace

You have been provided three different running paces to use in your training. The bulk of your training runs should be done at easy pace to aid in endurance and recovery. Tempo runs are a good way to challenge your training to be able to run faster for longer distances. Lastly, interval runs shouldn't be done more than once a week but they help with your leg turn over to work on getting faster for shorter distances, think track workouts, to work on running efficiency.

Each of these runs play a key part in your training program to be able to hit your goal pace for your race. The balance of hard workouts and easy runs are beneficial to see improvement and to be able to recover from the demands put on your body.

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*Only those who will risk going too far can possibly find out  
how far one can go. -T.S. Eliot*

# TYPES OF RUNS

## Add variety to your runs

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**Long Runs:** This helps build muscle/heart strength, improves endurance, and teaches the body to burn fat rather than glycogen as a fuel source. These are longer than our weekly runs

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**Hill Repeats:** This challenging run increases leg strength, improves fitness, and uses the muscles of the legs, arms, and core in ways that are different than running on flat surfaces. Start from the bottom of the hill, choose a destination point at the top of the hill and sprint up the hill to get there as fast as you can. Jog back to your starting point and repeat.

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**Tempo Runs:** This is a “comfortably hard” pace that you can maintain for a longer period of time. This is a pace about 25 to 30 seconds per mile slower than your current 5K race pace. Basically, when you run, your muscles build up lactic acid, a metabolic byproduct that causes them to fatigue. The intention of a tempo run is to increase your threshold so that your muscles don’t fatigue as fast. This allows you to keep running longer.

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**Interval Runs:** This run alternates between shorter periods of fast, hard runs where you put in more effort, followed by longer periods of jogging or walking. The benefits of the intense interval includes improving your running efficiency and your ability to maintain higher speeds for longer.

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**Progression Runs:** This run increases the pace from beginning to end. It is good for improving your running stamina, mental strength, and teaching the body to run increasingly faster at the end of a race.

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**Easy/Base Runs:** A natural, low heart rate run to build up aerobic capacity, endurance, and running economy. It is a short-to-moderate-length run and not meant to be challenging. These will make up the bulk of your weekly training mileage.

# TRAINING QUESTIONS

Next steps to begin your training

1. Is my body in physical shape to beginning a training regimen? Do I need to start by building a base?

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2. Can I commit time into training for my race?

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3. What is my motivation to run?

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# Are you ready for the *NEXT LEVEL?*



Now that you know the different paces to include in your training for different types of runs, let's work together to put a training plan in order for your next race. Whether you prefer a coach to be more hands off and are good with following a training plan, I can help you put together the best schedule to begin or advance your running goals. If you need more motivation or have an ever changing schedule or injury to work through, I can provide a more 1:1 coaching experience with adaptive training plans and support along your running journey.

Either way, I am available for any questions.  
Happy Running!

**GET YOUR  
TRAINING PLAN**