

# Pacing and Run/Walk Ratios

## Marathon Training

To determine what pace a runner is capable of running in a **marathon**, multiply the best Recent Magic Mile (MM) result by 1.3. This will tell them what they are capable of running in a **marathon, at a hard effort**, when the **temperature is 60°F or below** and they have **done the long runs listed on the schedule**.

To determine a runner's **marathon training pace**, take the MM time and multiply by 1.3, then add 2 minutes. ***It is always better to run slower than this pace.***

## Half Marathon Training

To determine what pace a runner is capable of running in a **half marathon**, multiply the best recent Magic Mile result by 1.2. This will tell them what they are capable of running in a **half marathon, at a hard effort**, when the **temperature is 60°F or below** and they have **done the long runs listed on the schedule**.

To determine a runner's **half marathon training pace**, take the MM time and multiply by 1.2, then add 2 minutes. ***It is always better to run slower than this pace.***

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Walkers and runners should pace the long run so there's **no huffing and puffing** – even at the end.

The run/walk/run ratio should correspond to the ***intended pace of the run on a given day:***

- 8 minute/mile: Run 4 minutes/walk 35 seconds
- 9 minute/mile : Run 4 minutes/walk 1 minute
- 10 minute/mile: Run 3 minutes/walk 1 minute
- 11 minute/mile: Run 2:30 minutes/walk 1 minute
- 12 minute/mile: Run 2 minutes/walk 1 minute
- 13 minute/mile: Run 1 minute/walk 1 minute
- 14 minute/mile: Run 30 seconds/walk 30 seconds
- 15 minute/mile: Run 30 seconds/walk 45 seconds
- 16 minute/mile: Run 30 seconds/walk 60 seconds
- 18 minute/mile: Run 20 seconds/walk 60 seconds

## **The Importance of Walk Breaks**

If runners use the main running muscles in the same way, step after step, they will fatigue quicker. As the distance increases, the fatigue and damage to the muscles increases dramatically. If, however, they shift their usage of the forward motion muscles between walking and running, they will extend the capacity of each set of muscles. By interspersing running with walk breaks every few minutes, they will reduce the intensity of muscle use early in the run and conserve resources needed for the end of long runs.

Walk breaks allow the main running muscles to continue to perform at requested levels for much longer than if they were used continuously. In races, runners can run faster at the end, when they ordinarily would slow down. This is often the difference between achieving a time goal or not. Many runners have improved their times by adding walk breaks throughout their run. Walk breaks will also help to speed up recovery time between long runs, races or speed sessions as there is less damage to repair afterward.

**The earlier a runner takes the walk breaks, the more they will help.** Therefore, runners need to take walk breaks before significant fatigue sets in—if they wait until they feel like they need to walk, it is too late. To summarize, walk breaks:

- Must be taken early enough
- Must be taken often enough
- Will keep muscles resilient and strong to the finish
- Will speed recovery from the long runs, races and the marathon
- Will help you run faster if you are trying for a time goal
- Will reduce the chance of injury

**Walk breaks are not optional in Galloway Training Programs!**