

I have outlined some strategies for you to consider that will:

- 1.Reduce long mileage
- 2.Reduce Injury risk
3. Reduce amount of actual running on race day.

I know a good percentage of runners use a walk/run method that doesn't change the finish time too much.

Race Day Pace Strategies:

10 minute mile runner - run only time 4:22

Option 1:

9 minute running @ 10 minute mile, 1 minute walking @ 13 minute mile = 4:28

Option 2:

9 minute running @ 10 minute mile, 1 minute walking @ 15 minute mile = 4:31

Option 3:

8 minute running @ 10 minute mile, 2 minute walking @ 13 minute mile = 4:34

Option 4:

8 minute running @ 10 minute mile, 2 minute walking @ 15 minute mile = 4:41

11 minute mile runner - run only time 4:48

Option 1:

9 minute running @ 11 minute mile, 1 minute walking @ 13 minute mile = 4:52

Option 2:

9 minute running @ 11 minute mile, 1 minute walking @ 15 minute mile = 4:56

Option 3:

8 minute running @ 11 minute mile, 2 minute walking @ 13 minute mile = 4:57

Option 4:

8 minute running @ 11 minute mile, 2 minute walking @ 15 minute mile = 5:05

12 minute mile runner - run only time 5:14

Option 1:

9 minute running @ 12 minute mile, 1 minute walking @ 13 minute mile = 5:17

Option 2:

9 minute running @ 12 minute mile, 1 minute walking @ 15 minute mile = 5:21

Option 3:

8 minute running @ 12 minute mile, 2 minute walking @ 13 minute mile = 5:19

Option 4:

8 minute running @ 12 minute mile, 2 minute walking @ 15 minute mile = 5:28

Another option:

Run 10 minutes @ 10 min/mile pace, walk 5 minutes @ 15 min/mile pace.

This reduces overall runtime by 33%, but still puts you at a sub-5 hour time.

With these walking strategies, your long runs only need to get to 14 - 15 miles.

Please let me know if you need any help planning!

-John Furey