Regis Harriers XC Guide to Threshold/Progression/Tempo Runs

Threshold Runs: Medium Effort

- Faster than easy pace. Think “upbeat”.
- Moderate intensity that you could hold for 30-60 minutes if you needed to!
- Goal is to find this pace based on “feel”.
- Feel invigorated at the end and not heavily fatigued from the effort.
- “I’m just outside of being comfortable. I am sweating more than normal, but can talk without too much trouble.”
- “I can say a short sentence or two before I need to stop talking.”
- This pace is approximately 1 minute slower than your current 5K pace. 20-30 seconds slower than tempo effort.
- Feel like this emoji at the end:



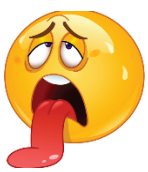
Progression Runs: Building to Medium Effort

- Start the run at an easy pace and build towards finishing at a moderate intensity.
- Your progression may be based off time or distance. It will vary based on the day!
    - Example #1) First half easy run pace then progress down the second half.
    - Example #2) First hour easy run pace then progress down the last 20 minutes
- Feel invigorated at the end and not heavily fatigued from the effort.
- “I’m just outside of being comfortable. I am sweating more than normal, but can talk without too much trouble.”
- “I can say a short sentence or two before I need to stop talking.”
- You should be finishing your run approximately 1 minute slower than your current 5K pace. 20-30 seconds slower than tempo effort.
- Feel like this emoji at the end:



Tempo Run and Intervals: Medium-Hard Effort

- A pace that feels comfortably hard, but under control. Breathing is more intense than your progression/threshold run, but not labored. The goal is a hard but under control workout that results in feeling invigorated, not torn down.
- “I can still talk, but I am slightly breathless and definitely sweating more. Starting to get outside of my comfort zone.”
- “I can still talk but I don’t really want to. I am definitely sweating a lot more.”
- “I can say a short sentence (i.e. “I love tempo running.”) before I need to take a breath.”
- About 40 to 60 seconds (per mile) slower than your current 1600 meter race pace time.
- Approximately 30 seconds slower than your current 5K pace.
- Should be able to do one more mile at “tempo pace” when you finish a tempo run if necessary!
- Feel like this emoji at the end:



*Adapted from Jonathan Dalby at Mountain Vista High School