**Road Running Race and training tips.**

1: EVEN SPLITS
The first snippet of advice from Brooks may seem obvious: Run more even splits. However, it is not only about not going out too fast. Brooks advocates “practicing tuning in to the body during training and learning how different paces feel” so you start at the correct pace and can maintain it. Studies have shown a negative split is less likely to produce a PB than a consistent race pace, so a good warmup and the right pace is the best option.

2: PAY ATTENTION TO YOUR BODY
“Turn off the music and head out on at least one solo run per week.” This forces you to pay attention to how you feel and rate each run with the Rate of Perceived Exertion scale (RPE) – Google it and use it to help become aware of how you feel, how you are breathing, how your legs and rest of your body feels.

3: TRAIN TO BE AWARE OF YOUR HEART RATE
No, not training in heart-rate zones. This is focussing on your heart-rate as a guide to perceived exertion and is “a tool for monitoring to help you become more in touch with how different paces feel.”

4: RUN ON A TREADMILL
“Treadmill runs help teach you what maintaining a specific pace feels like. By setting the pace and then following it for a duration, you’ll notice quickly if you’ve been striving for a pace that’s too fast … or too slow.” Try to see what being consistent feels like. It may be different to your ever-changing pace on the roads.

5: RUN WITH A METRONOME
According to Brooks, the ideal running cadence is 170-180 footfalls per minute (or 85-90 for each leg). Download a metronome app and use that to adjust your cadence to be more even, but Brooks warns that it is “a process to increase from your current rate, so don’t try to do it over night.”

6: SET YOUR MIND (NOT YOUR WATCH)
“On any given day a run can feel harder or easier based on training, nutrition, weather and life. By looking solely at the watch a run could quickly be deemed good or bad, but learning to run by feel means you have the ability to adjust training. Spend a few minutes before each run getting your mind right.”

7: INTERVAL TRAINING
“By throwing in some different types of interval workouts, you will begin to get a feeling for what is really hard and what is easy.” Brooks advocates using run/walk intervals to build endurance; running strides to get a few seconds at fast speeds; and hill sprints – “the workout proven to make you faster”.

8: RACE PACE WORKOUTS
Most marathon training plans focus on faster tempo runs or slower, long easy runs. Brooks questions that by asking: “How on Earth are we supposed to maintain a pace that we haven’t practiced?” She suggests runners looking for consistency need to “add a few race pace miles to workouts during the week”, particularly during the mid to later portion of a training cycle and also to some weekly long runs.

To read more on Brooks’ pacing advice, [click here](https://www.runtothefinish.com/how-to-pace-yourself-while-running/).