



## I RUN ALL MY EASY RUNS AT 10-12 MIN PACE

You don't have to impress anyone with your easy pace!

What's the FASTEST way to take your running to the next level AND achieve your ideal body composition at the same time??

**SLOW DOWN ON THOSE EASY RUNS!**

But the problem with this for a lot of people is that for too long we have tricked ourselves into thinking that medium-hard running is our easy running and we are never actually running "easy" at all!

The most common mistake that runners make is running their easy runs too hard and their hard runs not hard enough! There should be a BIG gap in between your easy running pace and your hard running pace. Running hard too often will cause injury, overtraining and burnout not to mention you will NEVER lose that last 10 pounds!

So when this is the case, something very helpful is to audit your easy running with a heart rate monitor.

Here's the formula:

$220 \text{ minus your age} = \text{your max heart rate}$

And your easy running should be at 60-75% of your max heart rate. So for me, since I am 40, my max heart rate is 180. And my easy run heart rate should be between 108-135 bpm (60-75% of max heart rate).

How slow is too slow?

There's no such thing as too slow for easy runs. I promise. You can even speed walk or try run-walk intervals! In 2019 I did all of my runs at 10-12 minute pace and I ran a 3:47 marathon. I don't care what my easy pace is. I care about the results I am able to



achieve when I truly run easy for me. I care about how my body feels and low intensity running makes it feel lean, healthy, rested, and overall AWESOME.

How do you know if you need to be taking your easy runs easier?

- If your heart rate is constantly elevated (This is the most common sign!)
- If you're using running to lose weight and it's not working (You don't burn fat by running fast)
- If you feel worse after easy runs
- If you can't seem to find that speed on workout days or races
- If you feel like your running has stalled

Also- don't worry- no one cares about your pace like you think they do. And if that's something you really care about, turn off Strava / Garmin / Apple Watch and stop sharing your splits with anyone else. Keep the information to yourself if it's making you feel self-conscious.

We need to work on truly tuning into our body and what our goals are. Let's work on being smarter runners so we can realize our huge potential!

If you want to get faster and lose weight, you have to SLOW DOWN!

Trust the process, it works.

~Amber @ RRR