## TRAINING PLAN DISTANCE CALCULATION

To calculate the total 'run' minutes: multiply the number of 'run' minutes x number of 'repeats'

- Then check the chart below for the approximate total distance according to the number of calculated 'run' minutes. Example:

Week 1 on Saturday: the total number of run' minutes = 10 minutes (2min x 5 repeats)

- o At 14 min/mile pace a runner would likely cover 0.7miles
- o At 12 min/mile pace a runner would likely cover 0.8 miles
- At 10 min/mile pace a runner would likely cover 1.0 miles

Your pace time may decrease as you progress in the plan. The Calculation is meant to give you a range of miles you are likely to be running on Saturdays; the walking minutes are ignored and the pre- and post-run minutes are also not counted in the calculation.

Note: If you wish to estimate the pre-run warm-up and post-run cool-down walking distance, an average moderate pace is about 16 minutes/mile

- 1 minute walking at 16min/mile = 1/16 of a mile distance = .0625 mile
- $5min\ pre-run\ walk + 5min\ post-run\ walk = 10min\ x.0625\ mile = 62.5\%\ mile \sim 0.63\ mile$
- Add to calculated 'run' distance:

(14 min/mile pace covers 0.7 miles in 10 minutes + 0.63 mile = 1.3 miles total)

## 14 minutes/mile running speed

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x 1 minutes = 1/14 mile = 7\% mile \sim .07 mile
x 2 minutes = 2/14 miles = 14\% mile \sim .14 mile
x 3 minutes = 3/14 miles = 21\% mile or .21 mile
x + 4 = 2/7 = 28.57\% mile \sim .29 mile
x 5 \text{ minutes} = 5/14 \text{ miles} = 35\% \text{ mile or } .35 \text{ mile}
x 6 \text{ minutes} = 6/14 \text{ miles} = (3/7) = 42\% \text{ or } .42 \text{ mile}
x 7 \text{ minutes} = 7/14 \text{ miles} = 1/2 = 50\% \text{ or } .5 \text{ mile}
x \ 8 \ minutes = 8/14 \ miles = 4/7 = 57\% \ or .57 \ mile
x 9 \text{ minutes} = 9/14 \text{ miles} = 63\% \text{ or } .63 \text{ mile}
x 10 \text{ minutes} = 10/14 \text{ miles} = 5/7 = 70\% \text{ or } .7 \text{ mile}
x 12 \text{ minutes} = 12/14 \text{ miles} = 6/7 = 84\% \text{ or } .84 \text{ mile}
x 15 \text{ minutes} = 15/14 \text{ miles} = 1+1/14 \text{ miles} = 1.07 \text{ miles}
x 20 \text{ minutes} = 20/14 \text{ miles} = 1 + 6/14 \text{ miles} = 1.42 \text{ miles}
x 24 minutes = 24/14 miles = 1+10/14 miles = 1.7 miles
x 25 \text{ minutes} = 25/14 \text{ miles} = 1 + 11/14 \text{ miles} = 1.77 \text{ miles}
x 28 \text{ minutes} = 28/14 \text{ miles} = 2 \text{ miles}
x 30 \text{ minutes} = 30/14 \text{ miles} = 2 + 2/14 \text{ miles} = 2.14 \text{ miles}
x 32 \text{ minutes} = 32/14 \text{ miles} = 2 + 4/14 \text{ miles} = 2.29 \text{ miles}
x 35 \text{ minutes} = 35/14 \text{ miles} = 2 + 7/14 \text{ miles} = 2.5 \text{ miles}
x 37 \text{ minutes} = 37/14 \text{ miles} = 2 + 9/14 \text{ miles} = 2.63
x 40 \text{ minutes} = 40/14 \text{ miles} = 2 + 12/14 \text{ miles} = 2.84 \text{ miles}
x 42 minutes = 42/14 miles = 3 miles
x 43 \text{ minutes} = 43/14 \text{ miles} = 3 + 1/14 = 3.07 \text{ miles}
x 45 \text{ minutes} = 45/14 \text{ miles} = 3 + 3/14 \text{ miles} = 3.21 \text{ miles}
x 58 \text{ minutes} = 58/14 \text{ miles} = 4 + 2/14 \text{ miles} = 4.14 \text{ miles}
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## 12 minutes/mile running speed

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x 1 minutes = 1/12 miles = 8\% mile \sim .08 mile x 2 minutes = 2/12 miles = 16\% mile \sim .16 mile
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x 3 minutes = 3/12 miles = 25\% mile or .25 mile
x + 4 = 4/12 = 1/3 = 33\% of a mile or .29 mile
x 5 minutes = 5/12 miles = 42\% mile or \sim .4 mile
x 6 \text{ minutes} = 6/12 \text{ miles} = 1/2 = 50\% \text{ or } .5 \text{ mile}
x 7 \text{ minutes} = 7/12 \text{ miles} = 56\% \text{ or } .56 \text{ mile}
x \ 8 \ minutes = 8/12 \ miles = 2/3 = 67\% \ or .67 \ mile
x 9 \text{ minutes} = 9/12 \text{ miles} = \frac{3}{4} = 75\% \text{ or } .75 \text{ mile}
x 10 \text{ minutes} = 10/12 \text{ miles} = 5/6 = 80\% \text{ or } .8 \text{ mile}
x 12 \text{ minutes} = 12/12 \text{ miles} = 100\% \text{ or } 1 \text{ mile}
x 15 \text{ minutes} = 15/12 \text{ miles} = 1+3/12 = 1.25 \text{ miles}
x 20 \text{ minutes} = 20/12 \text{ miles} = 1 + 8/12 = 1.67 \text{ miles}
x 24 \text{ minutes} = 24/12 \text{ miles} = 2 \text{ miles}
x 25 \text{ minutes} = 25/12 \text{ miles} = 2 + 1/12 \text{ miles} = 2.1 \text{ miles}
x 28 \text{ minutes} = 28/12 \text{ miles} = 2 + 4/12 \text{ miles} = 2.29 \text{ miles}
x 30 \text{ minutes} = 30/12 \text{ miles} = 2 + 6/12 \text{ miles} = 2.5 \text{ miles}
x 32 \text{ minutes} = 32/12 \text{ miles} = 2 + 8/12 \text{ miles} = 2.67 \text{ miles}
x 35 \text{ minutes} = 35/12 \text{ miles} = 2 + 11/12 \text{ miles} = 2.9 \text{ miles}
x 37 \text{ minutes} = 37/12 \text{ miles} = 3 + 1/12 \text{ miles} = 3.08 \text{ miles}
x 40 \text{ minutes} = 40/12 \text{ miles} = 3 + 4/12 \text{ miles} = 3.29 \text{ miles}
x 42 \text{ minutes} = 42/12 \text{ miles} = 3 + 6/12 \text{ miles} = 3.5 \text{ miles}
x 43 \text{ minutes} = 43/12 \text{ miles} = 3 + 7/12 \text{ miles} = 3.56 \text{ miles}
x 45 \text{ minutes} = 45/12 \text{ miles} = 3 + 9/12 \text{ miles} = 3.75 \text{ miles}
x 58 \text{ minutes} = 58/12 \text{ miles} = 4 + 10/12 \text{ miles} = 4.8 \text{ miles}
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## 10 minutes/mile running speed

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x 1 minutes = 1/10 miles = 10\% mile = .1 mile
x 2 \text{ minutes} = 2/10 \text{ miles} = 20\% \text{ mile} = .2 \text{ mile}
x 3 minutes = 3/10 miles = 30\% mile or .3 mile
x 4 \text{ minutes} = 4/10 \text{ miles} = 40\% \text{ mile or } .4 \text{ mile}
x 5 \text{ minutes} = 5/10 \text{ miles} = 50\% \text{ mile or } .5 \text{ mile}
x 6 \text{ minutes} = 6/10 \text{ miles} = 60\% \text{ mile or } .6 \text{ mile}
x 7 minutes = 7/10 miles = 70% mile or .7 mile
x 8 \text{ minutes} = 8/10 \text{ miles} = 80\% \text{ mile or } .8 \text{ mile}
x 9 \text{ minutes} = 9/10 \text{ miles} = 90\% \text{ or } .9 \text{ mile}
x 10 \text{ minutes} = 10/10 \text{ miles} = 100\% \text{ or } 1 \text{ mile}
x 12 \text{ minutes} = 12/10 \text{ miles} = 120\% \text{ or } 1.2 \text{ miles}
x 15 \text{ minutes} = 15/10 \text{ miles} = 150\% = 1.5 \text{ miles}
x 20 \text{ minutes} = 20/10 \text{ miles} = 200\% = 2 \text{ miles}
x 24 \text{ minutes} = 24/10 \text{ miles} = 2 + 4/10 \text{ miles} = 2.4 \text{ miles}
x 25 \text{ minutes} = 25/10 \text{ miles} = 2 + 5/10 \text{ miles} = 2.5 \text{ miles}
x 28 \text{ minutes} = 28/10 \text{ miles} = 2 + 8/10 \text{ miles} = 2.8 \text{ miles}
x 30 \text{ minutes} = 30/10 \text{ miles} = 3 \text{ miles}
x 32 \text{ minutes} = 32/10 \text{ miles} = 3 + 2/10 \text{ miles} = 3.2 \text{ miles}
x 35 \text{ minutes} = 35/10 \text{ miles} = 3 + 5/10 \text{ miles} = 3.5 \text{ miles}
x 37 \text{ minutes} = 37/10 \text{ miles} = 3 + 7/10 \text{ miles} = 3.7 \text{ miles}
x 40 \text{ minutes} = 40/10 \text{ miles} = 4 \text{ miles}
x 42 \text{ minutes} = 42/10 \text{ miles} = 4 + 2/10 \text{ miles} = 4.2 \text{ miles}
x 43 \text{ minutes} = 43/10 \text{ miles} = 4 + 3/10 \text{ miles} = 4.3 \text{ miles}
x 45 \text{ minutes} = 45/10 \text{ miles} = 4 + 5/10 \text{ miles} = 4.5 \text{ miles}
x 48 minutes = 48/10 miles = 5 + 10/12 miles = 5.8 miles
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