

Walk/Run

Run/Walk Calculator



Training and Racing with Run/Walk Intervals and The QT2 Systems Run/Walk Calculator *by Reem Jishi, QT2 Coach*

One question that we are asked frequently is whether you can participate in an event using run and walk intervals. The answer is “YES!” Incorporating walk intervals helps to break up the time, and has the benefits of providing muscular and cardiovascular relief.

Now that we have the easy part down, the next question is what run and walk intervals should you use. The answer to that question is “it depends.” There is no right answer. The key is to find the interval format that work best for you. Here are some helpful factors to consider in developing your own run/walk plan.

How long can you comfortably run at one time? When many people start to run, they try to go as far as they can without walking. Then they walk to recover, and re-start to run. They run again as far as they can and then start walking. Each re-start results in a shorter and shorter run interval, often leading to discouragement and self-doubt. With the run/walk format, you pre-set the interval times. The run interval should be short enough so that you feel that you could continue comfortably well past the set time. For example, if you set your timer to one minute run/1 minute walk intervals. When the beeper goes off at the end of the first minute, you should feel like you could easily run longer. If the run is one hour long, you should still feel the same way at the end of the 10th interval and the 20th and the 29th.

How long do you want to walk and at what pace? As with the run interval, there is no set rule, but generally the walk segment should be long enough to allow for some recovery (i.e., for your heart rate to drop a few beats and to get your breathing under control) and also to take in some hydration or nutrition (as needed). Most people walk at a pace of 15-20 minutes per mile. If you aren't sure what your pace is, go out for a one mile brisk walk and calculate your average pace.

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What is your goal race time? Another factor to consider is your goal race time? Are you trying to hit a specific number, or maybe stay under the course limit? Some events have specific pace cut-offs - e.g., a 16 minute per mile pace. How long your run interval will need to be to hit that overall pace will depend on how fast you can run, how fast you can walk, and how long your walk intervals will be.

Now that you have some things to think about, let's play with the numbers using the QT2 Systems Run/Walk Calculator available at <https://qt2systems.com/pages/tnt-run-walk-calculator>

Using the first calculator (Race Pacing Calculator):

Step 1 - Enter your Race Distance

Step 2 - Enter your Target Race Time

The calculator will calculate the average pace (the blended run/walk pace) required to hit your goal time.

Using the second calculator (Run/Walk Calculator):

Step 3 - Enter your overall target pace

Step 4 - Enter your planned run interval length

Step 5 - Enter your planned walk interval length

Step 6 - Enter your planned walking pace

The calculator will calculate the average pace you will need to run during your run intervals to hit your overall target pace. If that pace is slower or faster than you feel you can run, then play around with the run and walk interval lengths until you reach a run pace you feel comfortable with.

For example, if Sally wants to run a marathon (26.2 miles) in 6 hours. Using the first calculator, Sally knows she will need to hit an average pace of 13:44. Sally's original plan is to run for 2 minutes and walk at a 17:30 pace for 30 seconds. Using the second calculator, Sally sees that she will need to run a 12:47 pace during those 2 minute intervals. Realistically, Sally believes that this run pace is too fast for her so she decides to increase the run interval to 2:30 and keep the

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walk interval the same at 30 seconds and a 17:30 pace. Now, using the second calculator, Sally recalculates that with this longer interval, she can slow her run pace to a 12:58.

Do I Plan to Run with a Pace Group? Many events offer the option of running/walking with a pacing group. Some events, including the Walt Disney World Races, utilize Galloway pacers who follow pre-set run/walk intervals. The run interval length varies depending on overall goal time (walk intervals are 30 seconds). If you plan to join a run-walk pacing group, then it makes most sense to employ the same run-walk interval during your training. Set forth below are the pace options offered by the Galloway pacers in past events

(source: <http://www.jeffgalloway.com/training-groups/galloway-pacing/>):

Marathon

Finish	Pace	Ratio (run/walk)	5:15	12:00	1 min / 30
3:20	7:37	5 min / 30	5:30	12:35	30 / 30 sec
3:30	8:00	4 min / 30	5:45	13:09	30 / 30 sec
3:40	8:24	3 min / 30			
3:50	8:47	2:30 / 30	6:00	13:43	30 / 30 sec
4:00	9:09	2 min / 30			
4:15	9:43	1:45 / 30	6:15	14:18	30 / 30 sec
4:30	10:18	90 sec / 30	6:30	14:53	15 / 30 sec
4:45	10:52	1 min / 30	6:45	15:26	15 / 30 sec
5:00	11:26	1 min / 30	7:00	16:01	15 / 30 sec

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Half Marathon

Finish	Pace	Ratio (RUN/WALK)	2:30	11:26	60sec/30sec
1:45	8:00	4min/30seconds			
			2:45	12:35	30sec/30sec
2:00	9:09	2min/30seconds			
			3:00	13:43	30seconds/30seconds
2:15	10:18	90sec/30sec			
			3:15	14:53	15seconds/30seconds

The pace times set forth in the charts are overall average paces. You can now use the QT2 Systems Run/Walk calculator to figure out how fast the groups will be running during the intervals.

So, for example, if Michael wants to run a half marathon in 2:30, then he will need an average pace of 11:26. The run/walk format for that pacing group is 60 seconds run, 30 seconds walk. Utilizing the QT2 calculators, assuming a walk pace of 17:30, the average run pace for the 60 second intervals would be an 8:24. If the walk pace is quickened to 16:00, then the run pace would slow to 9:09 - both considerably faster than the average overall pace.

Conclusion

If you decide to utilize a run/walk interval during your race, we recommend that you train with that same interval. Similarly, if you train using a run/walk interval, you should plan to race with that same interval. It may take some time for you to settle in on what works best for you, but once you do, practice, practice, practice! Use the QT2 Pace Calculators to help guide your decision on interval lengths. *If you have any questions along the way, reach out to your TNT Coach.*