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TRAINING JOURNAL

BY PRO
RUNNERS *Lauren & Ke*



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BY PRO RUNNERS

LAUREN FLESHMAN &
RÓISÍN MCGETTIGAN-DUMAS



Boulder, Colorado

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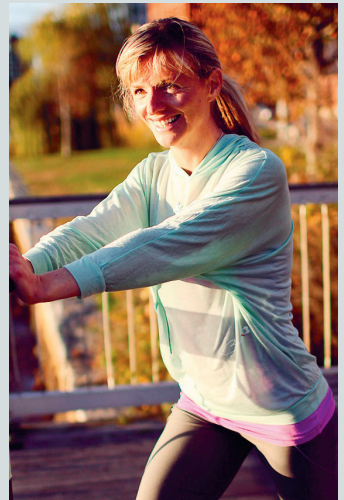
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MEET THE PROS



Lauren Fleshman has been a runner since she was 13 years old and 78 pounds of scrawny, scrappy tomboy. She is a five-time NCAA champion and two-time USA champion. Her plan is to compete professionally through the 2016 Olympics, try to set PRs from 800 meters up to the marathon, and have a hell of a good time doing it and writing about it. Find her blog at asklaurenfleshman.com and look for her column, "The Fast Life," in *Runner's World* magazine. Lauren is married to professional triathlete Jesse Thomas, and they are the proud parents of Jude. They live and train in Bend, Oregon, where their energy bar company, Picky Bars, is based.

Róisín McBettagan-Dumas grew up running the beaches, trails, and roads of Wicklow, Ireland. She left home for a chance to compete in track and cross-country at Providence College, where she was a four-time All-American. In 2008 Ro represented Ireland in the 3K steeplechase at the Olympics. She was awarded the bronze medal in the 1500 meters at the 2009 European Indoor Championships and still holds the Irish record for the indoor mile. While she's retired from running competitively, Ro remains invested in the sport as an entrepreneur and certified sports psychology consultant in Providence, Rhode Island, where she lives, trains, and juggles family life with her husband, Myles, and daughters, Hope and Ava.



PACE CHART

This pace chart was developed with training in mind. If you want to run 800-meter intervals at your 5K goal pace, locate your goal pace in the 5K column and follow it straight over to the 800 meters column. For example, if your 5K goal time is 20:00, your 800m interval goal pace is 3:12.

200m	400m	800m	1200m	1600m	5K	10K	13.1 mi.	26.2 mi.
0:00:30	0:01:00	0:02:00	0:03:00	0:04:00	0:12:30	0:25:00	0:52:45	1:45:29
0:00:31	0:01:01	0:02:02	0:03:03	0:04:04	0:12:43	0:25:25	0:53:37	1:47:15
0:00:31	0:01:02	0:02:04	0:03:06	0:04:08	0:12:55	0:25:50	0:54:30	1:49:00
0:00:32	0:01:03	0:02:06	0:03:09	0:04:12	0:13:08	0:26:15	0:55:23	1:50:46
0:00:32	0:01:04	0:02:08	0:03:12	0:04:16	0:13:20	0:26:40	0:56:16	1:52:31
0:00:33	0:01:05	0:02:10	0:03:15	0:04:20	0:13:33	0:27:05	0:57:08	1:54:17
0:00:33	0:01:06	0:02:12	0:03:18	0:04:24	0:13:45	0:27:30	0:58:01	1:56:02
0:00:34	0:01:07	0:02:14	0:03:21	0:04:28	0:13:58	0:27:55	0:58:54	1:57:48
0:00:34	0:01:08	0:02:16	0:03:24	0:04:32	0:14:10	0:28:20	0:59:46	1:59:33
0:00:35	0:01:09	0:02:18	0:03:27	0:04:36	0:14:23	0:28:45	1:00:39	2:01:19
0:00:35	0:01:10	0:02:20	0:03:30	0:04:40	0:14:35	0:29:10	1:01:32	2:03:04
0:00:36	0:01:11	0:02:22	0:03:33	0:04:44	0:14:48	0:29:35	1:02:25	2:04:50
0:00:36	0:01:12	0:02:24	0:03:36	0:04:48	0:15:00	0:30:00	1:03:17	2:06:35
0:00:37	0:01:13	0:02:26	0:03:39	0:04:52	0:15:13	0:30:25	1:04:10	2:08:21
0:00:37	0:01:14	0:02:28	0:03:42	0:04:56	0:15:25	0:30:50	1:05:03	2:10:06
0:00:38	0:01:15	0:02:30	0:03:45	0:05:00	0:15:38	0:31:15	1:05:56	2:11:52
0:00:38	0:01:16	0:02:32	0:03:48	0:05:04	0:15:50	0:31:40	1:06:48	2:13:37
0:00:39	0:01:17	0:02:34	0:03:51	0:05:08	0:16:03	0:32:05	1:07:41	2:15:23
0:00:39	0:01:18	0:02:36	0:03:54	0:05:12	0:16:15	0:32:30	1:08:34	2:17:08
0:00:40	0:01:19	0:02:38	0:03:57	0:05:16	0:16:28	0:32:55	1:09:27	2:18:54



200m	400m	800m	1200m	1600m	5K	10K	13.1 mi.	26.2 mi.
0:00:40	0:01:20	0:02:40	0:04:00	0:05:20	0:16:40	0:33:20	1:10:19	2:20:39
0:00:41	0:01:21	0:02:42	0:04:03	0:05:24	0:16:53	0:33:45	1:11:12	2:22:24
0:00:41	0:01:22	0:02:44	0:04:06	0:05:28	0:17:05	0:34:10	1:12:05	2:24:10
0:00:42	0:01:23	0:02:46	0:04:09	0:05:32	0:17:18	0:34:35	1:12:58	2:25:55
0:00:42	0:01:24	0:02:48	0:04:12	0:05:36	0:17:30	0:35:00	1:13:50	2:27:41
0:00:43	0:01:25	0:02:50	0:04:15	0:05:40	0:17:43	0:35:25	1:14:43	2:29:26
0:00:43	0:01:26	0:02:52	0:04:18	0:05:44	0:17:55	0:35:50	1:15:36	2:31:12
0:00:44	0:01:27	0:02:54	0:04:21	0:05:48	0:18:08	0:36:15	1:16:29	2:32:57
0:00:44	0:01:28	0:02:56	0:04:24	0:05:52	0:18:20	0:36:40	1:17:21	2:34:43
0:00:45	0:01:29	0:02:58	0:04:27	0:05:56	0:18:33	0:37:05	1:18:14	2:36:28
0:00:45	0:01:30	0:03:00	0:04:30	0:06:00	0:18:45	0:37:30	1:19:07	2:38:14
0:00:46	0:01:31	0:03:02	0:04:33	0:06:04	0:18:58	0:37:55	1:20:00	2:39:59
0:00:46	0:01:32	0:03:04	0:04:36	0:06:08	0:19:10	0:38:20	1:20:52	2:41:45
0:00:47	0:01:33	0:03:06	0:04:39	0:06:12	0:19:23	0:38:45	1:21:45	2:43:30
0:00:47	0:01:34	0:03:08	0:04:42	0:06:16	0:19:35	0:39:10	1:22:38	2:45:16
0:00:48	0:01:35	0:03:10	0:04:45	0:06:20	0:19:48	0:39:35	1:23:31	2:47:01
0:00:48	0:01:36	0:03:12	0:04:48	0:06:24	0:20:00	0:40:00	1:24:23	2:48:47
0:00:49	0:01:37	0:03:14	0:04:51	0:06:28	0:20:13	0:40:25	1:25:16	2:50:32
0:00:49	0:01:38	0:03:16	0:04:54	0:06:32	0:20:25	0:40:50	1:26:09	2:52:18
0:00:50	0:01:39	0:03:18	0:04:57	0:06:36	0:20:38	0:41:15	1:27:02	2:54:03
0:00:50	0:01:40	0:03:20	0:05:00	0:06:40	0:20:50	0:41:40	1:27:54	2:55:49
0:00:51	0:01:41	0:03:22	0:05:03	0:06:44	0:21:03	0:42:05	1:28:47	2:57:34
0:00:51	0:01:42	0:03:24	0:05:06	0:06:48	0:21:15	0:42:30	1:29:40	2:59:20

PACE CHART (continued)

200m	400m	800m	1200m	1600m	5K	10K	13.1 mi.	26.2 mi.
0:00:52	0:01:43	0:03:26	0:05:09	0:06:52	0:21:28	0:42:55	1:30:32	3:01:05
0:00:52	0:01:44	0:03:28	0:05:12	0:06:56	0:21:40	0:43:20	1:31:25	3:02:51
0:00:53	0:01:45	0:03:30	0:05:15	0:07:00	0:21:53	0:43:45	1:32:18	3:04:36
0:00:53	0:01:46	0:03:32	0:05:18	0:07:04	0:22:05	0:44:10	1:33:11	3:06:22
0:00:54	0:01:47	0:03:34	0:05:21	0:07:08	0:22:18	0:44:35	1:34:03	3:08:07
0:00:54	0:01:48	0:03:36	0:05:24	0:07:12	0:22:30	0:45:00	1:34:56	3:09:53
0:00:55	0:01:49	0:03:38	0:05:27	0:07:16	0:22:43	0:45:25	1:35:49	3:11:38
0:00:55	0:01:50	0:03:40	0:05:30	0:07:20	0:22:55	0:45:50	1:36:42	3:13:24
0:00:56	0:01:51	0:03:42	0:05:33	0:07:24	0:23:08	0:46:15	1:37:34	3:15:09
0:00:56	0:01:52	0:03:44	0:05:36	0:07:28	0:23:20	0:46:40	1:38:27	3:16:55
0:00:57	0:01:53	0:03:46	0:05:39	0:07:32	0:23:33	0:47:05	1:39:20	3:18:40
0:00:57	0:01:54	0:03:48	0:05:42	0:07:36	0:23:45	0:47:30	1:40:13	3:20:26
0:00:58	0:01:55	0:03:50	0:05:45	0:07:40	0:23:58	0:47:55	1:41:05	3:22:11
0:00:58	0:01:56	0:03:52	0:05:48	0:07:44	0:24:10	0:48:20	1:41:58	3:23:57
0:00:59	0:01:57	0:03:54	0:05:51	0:07:48	0:24:23	0:48:45	1:42:51	3:25:42
0:00:59	0:01:58	0:03:56	0:05:54	0:07:52	0:24:35	0:49:10	1:43:44	3:27:28
0:01:00	0:01:59	0:03:58	0:05:57	0:07:56	0:24:48	0:49:35	1:44:36	3:29:13
0:01:00	0:02:00	0:04:00	0:06:00	0:08:00	0:25:00	0:50:00	1:45:29	3:30:59
0:01:01	0:02:01	0:04:02	0:06:03	0:08:04	0:25:13	0:50:25	1:46:22	3:32:44
0:01:01	0:02:02	0:04:04	0:06:06	0:08:08	0:25:25	0:50:50	1:47:15	3:34:29
0:01:02	0:02:03	0:04:06	0:06:09	0:08:12	0:25:38	0:51:15	1:48:07	3:36:15
0:01:02	0:02:04	0:04:08	0:06:12	0:08:16	0:25:50	0:51:40	1:49:00	3:38:00
0:01:03	0:02:05	0:04:10	0:06:15	0:08:20	0:26:03	0:52:05	1:49:53	3:39:46



200m	400m	800m	1200m	1600m	5K	10K	13.1 mi.	26.2 mi.
0:01:03	0:02:06	0:04:12	0:06:18	0:08:24	0:26:15	0:52:30	1:50:46	3:41:31
0:01:04	0:02:07	0:04:14	0:06:21	0:08:28	0:26:28	0:52:55	1:51:38	3:43:17
0:01:04	0:02:08	0:04:16	0:06:24	0:08:32	0:26:40	0:53:20	1:52:31	3:45:02
0:01:05	0:02:09	0:04:18	0:06:27	0:08:36	0:26:53	0:53:45	1:53:24	3:46:48
0:01:05	0:02:10	0:04:20	0:06:30	0:08:40	0:27:05	0:54:10	1:54:17	3:48:33
0:01:06	0:02:11	0:04:22	0:06:33	0:08:44	0:27:18	0:54:35	1:55:09	3:50:19
0:01:06	0:02:12	0:04:24	0:06:36	0:08:48	0:27:30	0:55:00	1:56:02	3:52:04
0:01:07	0:02:13	0:04:26	0:06:39	0:08:52	0:27:43	0:55:25	1:56:55	3:53:50
0:01:07	0:02:14	0:04:28	0:06:42	0:08:56	0:27:55	0:55:50	1:57:47	3:55:35
0:01:08	0:02:15	0:04:30	0:06:45	0:09:00	0:28:08	0:56:15	1:58:40	3:57:21
0:01:08	0:02:16	0:04:32	0:06:48	0:09:04	0:28:20	0:56:40	1:59:33	3:59:06
0:01:09	0:02:17	0:04:34	0:06:51	0:09:08	0:28:33	0:57:05	2:00:26	4:00:52
0:01:11	0:02:22	0:04:44	0:07:06	0:09:28	0:29:35	0:59:10	2:04:49	4:09:39
0:01:14	0:02:28	0:04:56	0:07:24	0:09:52	0:30:50	1:01:40	2:10:06	4:20:12
0:01:17	0:02:33	0:05:06	0:07:39	0:10:12	0:31:53	1:03:45	2:14:30	4:29:00
0:01:21	0:02:42	0:05:24	0:08:06	0:10:48	0:33:45	1:07:30	2:22:24	4:44:49
0:01:26	0:02:51	0:05:42	0:08:33	0:11:24	0:35:38	1:11:15	2:30:19	5:00:38
0:01:30	0:02:59	0:05:58	0:08:57	0:11:56	0:37:18	1:14:35	2:37:21	5:14:42
0:01:34	0:03:07	0:06:14	0:09:21	0:12:28	0:38:58	1:17:55	2:44:23	5:28:46
0:01:38	0:03:16	0:06:32	0:09:48	0:13:04	0:40:50	1:21:40	2:52:18	5:44:36
0:01:43	0:03:25	0:06:50	0:10:15	0:13:40	0:42:43	1:25:25	3:00:12	6:00:25

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It shines the light on what works and what doesn't, holds you accountable when no one's looking, and proves your preparation. *Believe Training Journal* shares the hard-earned secrets and street smarts that runners Lauren Fleshman and Roísín McGettigan-Dumas learned on the pro circuit, and it will arm you with confidence and inspiration for your athletic journey. Move your goals from your head to these pages and be amazed at where a year can take you.

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