

# EAT aka MK MATH\*



\*You know how we're never talking about the running, right? In the EAT, we're never really talking about the math.

Pop quiz! What do you need to do to have your BEST RACE EVERRRR?

- ☐ Go out hard! And then rip it!! And then turn up the heat! And then...
- ☐ Divide my goal time by 26 and smash that pace every mile!
- ☐ Come on, I am a REAL RUNNER™! I am going to do an Enhanced Anaerobic Threshold test every week and do lots of math and the write my per mile times on my arm in Sharpie!
- ☐ None of the above!

(Of course you know the answer)

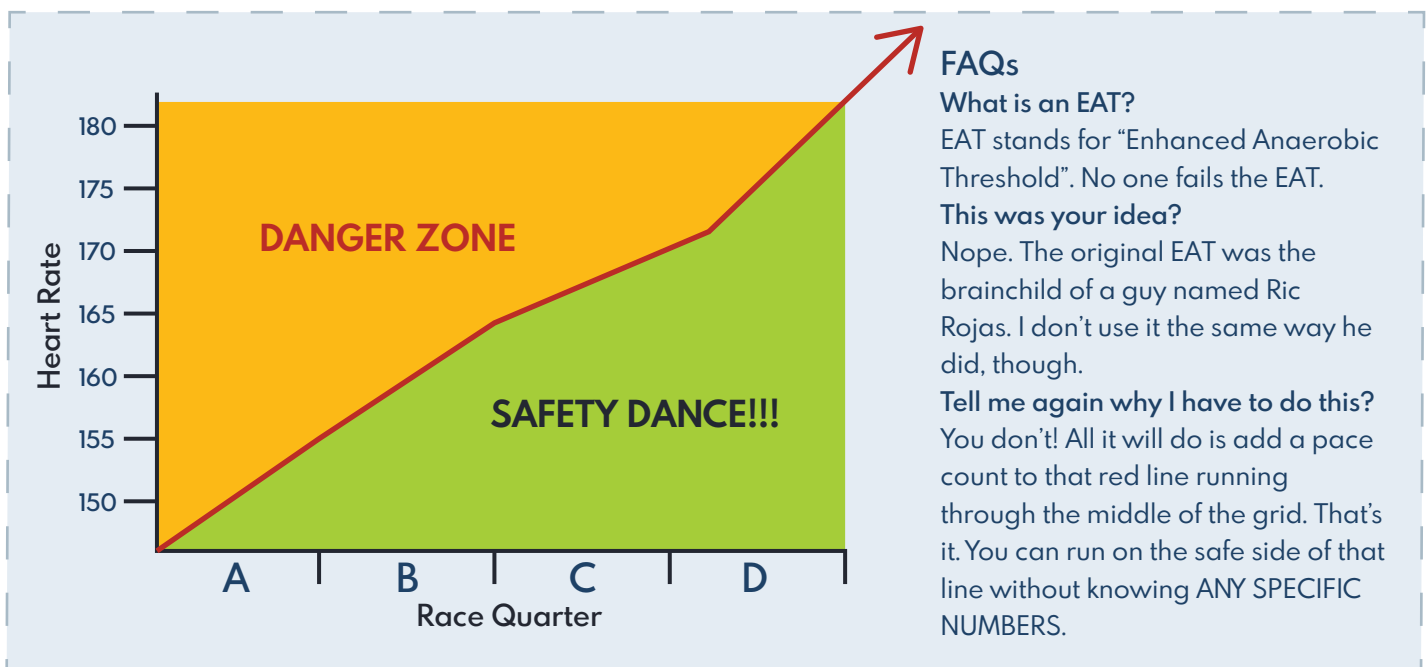
But we want to make a point here - you do not have to ever do one single EAT. It can give you interesting data, and it can help give you an idea of what to expect on race day. But it's not a crystal ball, and it's not a gauntlet being thrown down. It is a fact-finding mission, and it's a way to help you learn to listen to your body and truly run by effort.

So, let's start with the basics. What should your race day look like? It's actually very, very simple:

1. Split your race into four quarters
2. Plan around your heart rate

"Run the mile you're in" isn't helpful if you have no idea where that is in relation to the rest of the race. You're at mile seven, how many more hours of running do you have left? How about at mile 18? See, when you're focused on pace, nothing comes naturally. Understanding where you are is about connecting distance with effort over time.

You don't need to be a math genius to have an idea which quarter you are in. It isn't about being good at math, I'm good at all kinds of things WHEN I AM NOT RUNNING A MARATHON.

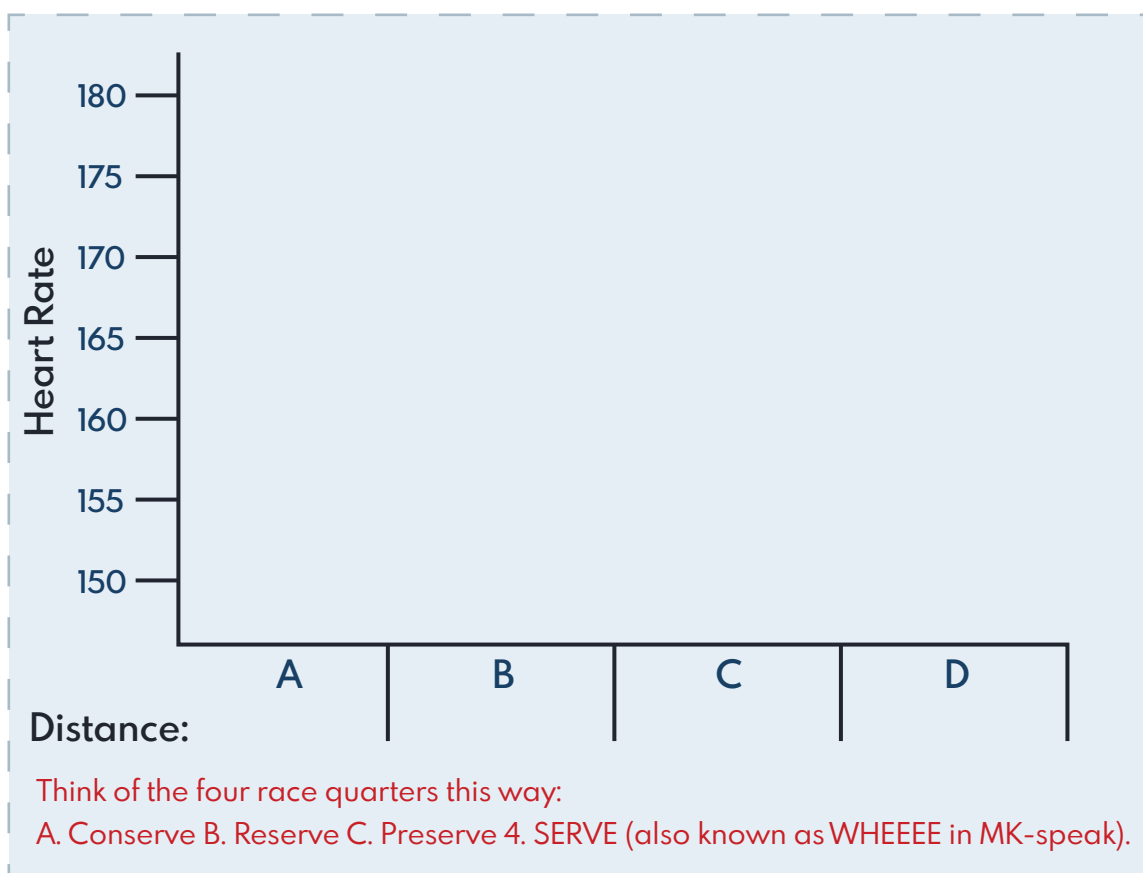


# MOAR fun with EAT



This pyramid is a simplified visual representation of the relationship between effort and distance and time: the shorter the race, the harder the effort, the higher the heart rate, the shorter the duration. Keep this in mind as you use the blank race grid below to plan out your own race. Remember that you cannot bank time by running faster in the earlier stages of a race – you can only bank energy.

Use the EAT grid on the previous page to give you some inspiration for how to fill out this grid for your own race. Add the approximate miles or kilometers of each “quarter” of your planned race at the bottom. Find an orange or a red marker to colour in the Danger Zone - it’s important to stay out of this zone, because you will quickly go down a path you cannot return from.



This heart rate guide gives you a great starting point for planning what your race could look and feel like! But are you ready to start your own fact-finding mission? For the EAT worksheets, please click on the link in the show notes and sign up for the FPP newsletter!