



How to ace your next 5k -

by parkrun world record holder &
Saucony ambassador Charlotte Arter

1 Pacing -

Find out the pacing strategy that works for you. This might be setting off at a pace you think you can hold for the whole park run, it could be going off slightly quicker and seeing if you can hold it for the distance or setting off steady and picking up the pace over the second half. Either way, mix it up and see what works for you and experiment on the pacing strategy that best suits you. Top tip: it helps to focus on people who are 20-30m in front of you as targets, once you reach them, set another target another 20-30m in front of you, this will help keep pushing you forward.

2 Form and technique -

When things start getting tough during the parkrun/5km, usually in the last 1-2km, try and keep as good as form and technique as you can. The more efficient you can be the faster you will run. So concentrate on moving your arms to help propel you forward and focus on your leg speed. Top tip: if you find your breathing is getting out of control, try counting your steps or count to 30 and repeat this to help control your breathing and get into a rhythm.

3 Speedwork -

Try adding one faster session in a week, this could be 10x1minute (1minute recovery) or hill sprints (10 x 45 seconds, jog back recovery). This not only adds variety to your training but also will help improve your parkrun time.

Saucony UK ambassador Charlotte Arter is supporting the launch of the Endorphin Collection. Available to buy from July 1st at Saucony.co.uk



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