

REVISION GUIDE

# Pace, Heart Rate, and Performance Guide

A more substantial performance guide for pace and heart-rate planning, designed to keep effort zones and pacing decisions practical.

## QUICK OVERVIEW

**Category: health fitness**

Includes 1 related guide page.

Links back to 3 calculator tools.

## FORMULA HIGHLIGHTS

Pace

$$\text{pace} = \text{time} / \text{distance}$$

## PACE PLANNING

Translate distance and time into a usable rate, then compare that rate with the purpose of the session or event.

## HEART-RATE INTERPRETATION

Use target ranges to frame intensity bands, but expect sleep, heat, hydration, stress, and fitness to shift the actual values.

## WORKED EXAMPLES

A target race pace should be compared with recent training reality rather than treated as a wishful number.

A heart-rate zone that feels wildly wrong subjectively should be re-checked rather than obeyed blindly.

## BEST-USE REMINDERS

- Use these figures to guide effort, not replace judgement.
- Compare trends over time rather than overreacting to one session.