Keep pace adjustments in the right units

Workout offsets are easy to misread when your watch and training plan use different units. Convert the offset as carefully as the pace.

Worked example

> 10 seconds per mile ÷ 1.609344 = 6.21 seconds per km. Subtracting 10 seconds per km is a larger change. A program label does not establish that a pace is suitable for your current fitness.

Your turn

1. Write the original target and whether it is per mile or per km.
2. Convert a pace difference separately from the base pace.
3. Confirm the workout's intended effort before changing any target.

What I observed / what I will check next

Conversion example. Follow the actual workout instructions. Educational worksheet, not an individualized training prescription.

Method / rules: Official Hansons advanced plan.

Full explanation, current sources and related tools:
brenoamelo.com/calculators/hansons-marathon-pace

Prepared 26 October 2026 · Keep personal notes private. Discuss your goal with breno@brenoamelo.com.