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Heart rate and pace are two of the most common metrics runners use to determine how hard theyre working, but often, theyll use one or the other. By using the two together, you can get a good idea of how your fitness is progressing and use that information to guide your training. Intimidated by numbers? Dont worry comparing the two is easier than you think Aerobic decouplingDecoupling simply means two things separating from each other. In the case of aerobic decoupling, these two things are your heart rate and pace. When youre running at a pace that is manageable for you, your heart rate should remain relatively steady. If youre very fit (perhaps youre in the latter stages of a training block), your heart rate should remain steady as your pace increases at least, to a point.When one of those two variables begins to deviate from the other, they are decoupling. This means either your heart rate is increasing significantly as your pace increases, or your heart rate is staying the same as your pace declines. Lets unpack what those changes mean: Increased heart rate with increased speedWhen your heart rate increases dramatically relative to your increase in pace, it means there is a higher cost for you to maintain that pace. In other words, it is much harder for you to run at that pace for that length of time, and you need more training in order to maintain that pace.The good news is, thats what training is for. When you look at your data after your run, you can see where your heart rate and pace decoupled (your heart rate increased or your pace declined), which is the point at which you became inefficient. The goal of your training should be to run longer at that pace before you reach that point.For example, if youre training for a 10K with a goal time of 50 minutes, you need to be able to run 5:00/km for 50 minutes. If you can only maintain that pace for 30 minutes before you reach the point of inefficiency, thats your starting point for your workouts.Heart rate stays high as pace declinesIf your heart rate remains high even after youve decreased the pace, thats an indicator that youre not yet efficient at that pace. That being said, there are a few other factors that could affect how quickly your heart rate comes down after a hard effort:Heat and/or humidity can make it difficult to cool your body down, which will make your heart work harder even at a slower pace.Dehydration causes you to have a lower volume of blood circulating through your body, which means your heart has to beat faster to compensate.Running up a hill will increase your heart rate, even though your pace is slower than running on flat ground.Heart rate and pace stay consistentIf you dont see any significant changes (less than five per cent deviation) in your heart rate or pace, that is an indicator that you are running efficiently at that pace. This is ideal when youre doing an easy run, but wont help you see any big performance gains in workouts. If you see this happen in a workout, take it as permission to increase the pace.For example, lets say you do a 30-minute tempo run at the beginning of your training cycle, and you notice your heart rate beginning to jump after about 20 minutes. You continue training, and a few weeks later, you do the same 30-minute tempo again at the same pace but this time, your heart rate stays consistent. When you do that workout again in another couple of weeks, you can increase your pace and challenge yourself a bit more. Eventually, your heart rate and pace will decouple again, so thats your new goal.Heart rate, pace and performanceKnowing your pace is crucial for determining what your goal time should be in a race, and your heart rate is an excellent way to gauge effort. By putting the two together, you can get a good picture of how fit you are, and what you need to work on so you can improve performance and smash your running goals. What is the difference between pace and rate?See a translationHide translationReport copyright infringementBy Maham Liaqat & Urooj Arif Updated on April 1, 2024Rate refers to the quantitative measurement of one quantity relative to another, while pace measures the speed of progress, especially in steps or distance over time.Rate is a measurement that expresses the quantity of one thing in comparison to a unit of another thing, such as speed (miles per hour) or efficiency (tasks per hour). Pace, on the other hand, specifically refers to the speed at which someone or something moves, or with which an activity progresses, often used in the context of running or walking, measured in time per distance unit, like minutes per mile.Rates are used in various contexts, from finance (interest rates) to work (rate of production), indicating the relationship between different quantities. Whereas pace is more commonly associated with physical movement and is a crucial measure in athletics, tracking how fast a distance is covered.While rate can apply to any scenario where there is a ratio of two different units (e.g., population growth rate per year), pace is specifically concerned with time and distance. This makes pace a subset of rates, focusing on speed and movement efficiency.In many sports, the concept of pace is crucial for strategy, as athletes must manage their speed over a distance to optimize performance. Rate, however, can encompass broader applications, including non-physical processes, such as the rate of a chemical reaction or the rate of data transfer in technology.Rate and pace also differ in their implications and applications. A rate can indicate productivity or efficiency in a broad range of activities, from work output to energy consumption. Pace, however, is more often associated with endurance, stamina, and the ability to maintain a certain speed over time, especially relevant in long-distance sports.A measurement of one quantity per unit of another.Speed of progress over time, typically steps or distance.Varied (e.g., mph, tasks/hour)Time per distance (e.g., minutes per mile)Broad (finance, work, science)Mostly physical movement or speedCalculating efficiency or productivityManaging speed in physical activitiesMeasurement of one quantity per unit of another.The interest rate of 5% per annum indicates how much interest you earn on savings over a year.Speed of movement or progress, especially in walking or running.She maintained a steady pace of 8 minutes per mile throughout the marathon.Used to express speed, efficiency, or frequency.The rate at which the water flows through this pipe is 10 gallons per minute.Reflects the consistency or variability of speed over distance.His pace varied significantly during the race, starting fast, then slowing, and speeding up again at the end.Refers to the level or degree of something.The rate of satisfaction among our customers is very high.Can be adjusted according to strategy or endurance.The team decided to start at a slower pace to conserve energy for a strong finish.Can denote a price or cost per unit.The rate for parking downtown is \$5 per hour.Can indicate the tempo or speed of an activity beyond physical movement.The project's pace has picked up now that we're approaching the deadline.Indicates a statistical occurrence over time.The crime rate in the city has decreased by 10% this year.Used to describe the speed of work or progress in a task.We need to increase our pace if we want to meet our quarterly goals.A quantity measured with respect to another measured quantityA rate of speed of 60 miles an hour.A single step taken when walking or runningKirov stepped back a paceA measure of a part with respect to a whole: a proportionSpeed in walking, running, or movingHe's an aggressive player with plenty of paceThe ring road allows traffic to flow at a remarkably fast paceThe cost per unit of a commodity or serviceWalk at a steady speed, especially without a particular destination and as an expression of anxiety or annoyanceWe paced up and down in exasperationShe had been pacing the roomA charge or paymentTo advance calculated in relation to a particular sum or quantityMove or develop (something) at a particular rate or speedOur fast-paced daily livesThe action is paced to the beat of a perky marchWith due respect to (someone or their opinion), used to express polite disagreement or contradictionNarrative history, pace some theorists, is by no means deadOften rates Chiefly British A locally assessed property tax.A step made in walking; a stride.To place in a particular class, rank, or gradeRated the bonds at junk level.A unit of length equal to 30 inches (0.76 meter).To specify the performance limits of, especially according to a standard scaleThis fuse is rated at 50 amperes. The fishing line is rated for 30 pounds.The modern version of the Roman pace, measuring five English feet. Also called geometric pace.To regard or consider as having a certain valueRated the movie excellent.Thirty inches at quick marching time or 36 at double time.Chiefly British To value for purposes of taxation.Five Roman feet or 58.1 English inches, measured from the point at which the heel of one foot is raised to the point at which it is set down again after an intervening step by the other foot.To set a rate for (goods to be shipped).The rate of speed at which a person, animal, or group walks or runs.(Informal) To merit or deservePeople that rate special treatment.An idea that rates attention.The rate of speed at which an activity or movement proceeds.To be ranked in a particular classA wine that rates higher than any other.A manner of walking or running(Informal) To have status, importance, or influenceTea-flavored ice cream doesn't rate highly in my book.A gait of a horse in which both feet on one side are lifted and put down together.To walk or stride back and forth acrossPaced the floor nervously.To measure (a space) by counting the number of steps needed to cover a distance.(obsolete) The worth of something; value.To walk (a number of steps) in so measuring a space.The proportional relationship between one amount, value etc. and another.At the height of his powers, he was producing pictures at the rate of four a year.To set or regulate the rate of speed for (a race or a competitor in a race).The car was speeding down here at a hell of a rate.To lead (one's team or teammates) with a good performancePaced her team to a victory with 18 points.The relative speed of change or progress.The rate of production at the factory is skyrocketing.To advance or develop (something) for a particular purpose or at a particular ratePaced the lectures so as not to overwhelm the students.The price of (an individual) thing; cost.He asked quite a rate to take me to the airport.To train (a horse) in a particular gait, especially the pace.A set price or charge for all examples of a given case, commodity, service etc.Postal rates here are low.To walk with long deliberate steps.A wage calculated in relation to a unit of time.We pay an hourly rate of between \$10 \$15 per hour depending on qualifications and experience.To go at the pace. (Used of a horse or rider.Any of various taxes, especially those levied by a local authority.I hardly have enough left every month to pay the rates.With the permission of; with deference. To use to express polite or ironically polite disagreementI have not, pace my detractors, entered into any secret negotiations.(nautical) A class into which ships were assigned based on condition, size etc.; by extension, rank.This textbook is first-rate.(obsolete) Established portion or measure; fixed allowance; ration.A step taken with the foot.(obsolete) Order; arrangement.The distance covered in a step (or sometimes two), either vaguely or according to various specific set measurements.Even at the duel, standing 10 paces apart, he could have satisfied Aarons honor.I have perambulated your field, and estimate its perimeter to be 219 paces.(obsolete) Ratification; approval.(horology) The gain or loss of a timepiece in a unit of time.Daily rate; hourly rate; etc.A manner of walking, running or dancing; the rate or style of how someone moves with their feet.(transitive) To assign or be assigned a particular rank or level.She is rated fourth in the country.Any of various gaits of a horse, specifically a 2-beat, lateral gait.(transitive) To evaluate or rate the value of.They rate his talents highly.Speed or velocity in general.(transitive) To consider or regard He rated this book brilliant.(cricket) A measure of the hardness of a pitch and of the tendency of a cricket ball to maintain its speed after bouncing.(transitive) To deserve; to be worth.The view here hardly rates a mention in the travel guide.(collective) A group of donkeys.(transitive) To determine the limits of safe functioning for a machine or electrical device.The transformer is rated at 10 watts.(obsolete) Passage, route.To evaluate a property's value for the purposes of local taxation.(obsolete) One's journey or route.To like; to think highly of.The customers don't rate the new burgers.(obsolete) A passage through difficult terrain; a mountain pass or route vulnerable to ambush etc.(intransitive) To have position (in a certain class).She rates among the most excellent chefs in the world.He rates as the best cyclist in the country.(obsolete) An aisle in a church.(intransitive) To have value or standing.This last performance of hers didn't rate very high with the judges.(cricket) Describing a bowler who bowls fast balls.To ascertain the exact rate of the gain or loss of (a chronometer) as compared with true time.To walk back and forth in a small distance.(transitive) To berate, scold.To set the speed in a race. en.To chide with vehemence; to scold; to censure violently; to berate.Go, rate thy minions, proud, insulting boy!Conscience is a check to beginners in sin, reclaiming them from it, and rating them for it.To set a certain estimate on; to value at a certain price or degree.To rate a man by the nature of his companions is a rule frequent indeed, but not infallible.You seem not high enough your joys to rate.(formal) With all due respect to.To assess for the payment of a rate or tax.A single movement from one foot to the other in walking; a step.To settle the relative scale, rank, position, amount, value, or quality of; as, to rate a ship; to rate a seaman; to rate a pension.The length of a step in walking or marching, reckoned from the heel of one foot to the heel of the other; - used as a unit in measuring distances; as, he advanced fifty paces.Manner of stepping or moving; gait; walk; as, the walk, trot, canter, gallop, and amble are paces of the horse; a swaggering pace; a quick pace.To-morrow, and to-morrow, and to-morrow,Creeps in this petty pace from day to day.In the militia schools of riding a variety of paces are taught.To be so ranked; as, the ship rates as a ship of the line.Specifically, a kind of fast amble; a rack.Established portion or measure; fixed allowance; ration; rank; proportion; ratio; as, a slow rate of movement; rate of interest is the ratio of the interest to the principal, per annum.Heretofore the rate and standard of wit was different from what it is nowadays.In this did his holiness and godliness appear above the rate and pitch of other men's, in that he was so . . . merciful.Many of the horse could not march at that rate, nor come up soon enough.A broad step or platform; any part of a floor slightly raised above the rest, as around an altar, or at the upper end of a hall.Valuation; price fixed with relation to a standard; cost; charge; as, high or low rates of transportation.They come at dear rates from Japan.A device in a loom, to maintain tension on the warp in pacing the web.A tax or sum assessed by authority on property for public use, according to its income or value; esp., in England, a local tax; 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