A few chart numbers and page references were incorrectly printed on pages 24 and 25. Please correct your copy as indicated below.
[Make changes below in red on pages 24 and 25 of Run Less, Run Faster]

Q. How do I determine my age graded performance level percentage?

A. Use Table 2.**4** on page 30 if you are a female or Table 2.**5** on page 36 if you are a male to find your age graded standard, and then divide the standard by your race time. For example, a 60 year old male with a 5K time of 20:00 would divide the standard of 16:02 for a 60-year-old male by 20:00. The result (962 seconds/1200 seconds) would be 80.2 percent. That percentage could be compared with the age graded percentages of performances run at earlier ages or with other runners of different ages.
Using age graded standards is a way for co-author, Scott Murr, my brother, Don and **me** to compare our performances. The three of us have trained and raced against each other for decades. None of us is still in his prime. In our prime, our personal best times were nearly identical. Now that aging has separated us at the finish line, we can use age graded standards to continue our competition. At the time this was written, we all ran the same 5K race and the results were Scott, age 44, 18:04; Don, age 59, 20:14 and me, age 56, 19:57. Who had the best performance? The answer awaits us in Table 2.**5**. Scott's age-graded Performance Level Percentage (PLP) was 77.8%, Don's was 78.6% and mine 77.7%. Don, who was the slowest to reach the finish line, had the highest quality performance based on age.

Q. How do I convert my current race time to an equivalent race time at an earlier age?

A. Use Table 2.**2** on page **30** if you are a female or Table 2.**3** on page **32** if you are a male to find your age factor. Multiply that age factor by your current race time to determine your equivalent race time at your prime-age time. For example, that 60-year-old male whose time is 20:00 for the 5K would multiply that 20:00 by the age factor of .8043 and see that his 20:00 5K at age 60 is equivalent to a 16:05 at prime 5K performance age for males, which is the 22 to 28 age group.
Using the same 5K race to compare Scott's, Don's and my race times converted to prime-time equivalent performances also produces interesting results. By using the conversion factors in Table 2.**3**, we find that Scott's 18:04 5K race time at age 44 is equivalent to running a 16:34 at prime race age. Don's 20:14 at age 59 is equivalent to a 16:25 at prime race age. My 19:57 at age 56 is equivalent to a 16:36 at prime race age. For me that's encouraging since my 5K PR 20 years ago was 16:39. The fountain of youth can be found in age-graded tables.

In Chapter 4, page 70, under the "Key Run Workout #3" / Long Run / How to Follow the Training Schedule for Key Run #3.

15 miles @ MP + 20 sec/mile means to run 15 miles 20 seconds per mile slower than planned marathon pace. For a runner with a target marathon time of 3:10 or 7:15/mile pace, this long run might begin with a 7:55 mile followed by a 7:45 mile before settling into a 7:35/mile pace. After 5 miles of running at a 7:35/mile pace, the runner may want to try the next 3 or 4 miles at 7:25-7:30 pace before running the last few miles at 7:35/mile. Alternatively, the runner may want to hold the 7:35/mile pace up through 12 miles and then try to run the last three miles faster than 7:35/mile pace. These strategies can be alternated from one long training run to the next.