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fades quite a bit, but I can still notice it. Run again for another 5 minutes, and a couple tweaks of pain, slow back down to walk, and the shins ache at about a 3.5 on the pain scale. I only run/walk anywhere from 30 - 60 minutes at a time, trying to build my

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Execution is pretty simple. Run  
your normal easy pace for half or  
three quarters of your long run  
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should be about 65% of your 5k pace. Then run 3-5 miles at marathon pace. Run easy the remaining 1-2 miles to cap off the distance. Here's an example run: 10 miles normal easy pace, 5 miles at marathon pace, 1 mile easy

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