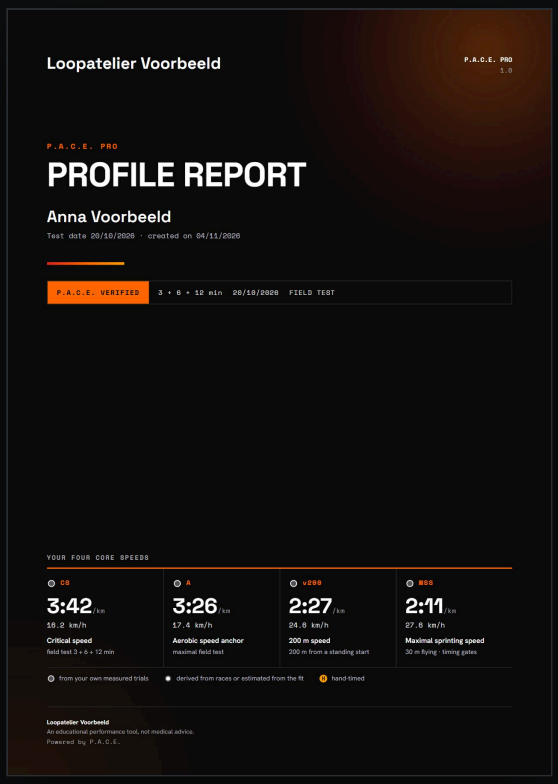
P.A.C.E.

FOR RUNNERS AND COACHES

STRENGTHS AND AREAS TO WORK ON, FROM YOUR OWN SPEEDS

P.A.C.E. turns time trials, race results and sprints into a speed profile: what is strong, what lags behind and how the profile fits your target distance.



Cover of a P.A.C.E. report · fictitious coach and athlete

01
MEASURE

Time trials or recent race results, a sprint and a maximal 200 m. That is all it takes.

02
PROFILE

Four core speeds, from sprint ceiling to critical speed (CS), and the ratios between them. Each as a pace in min/km.

03
INSIGHT

Which qualities are strong, which distances fit and where the biggest gains are to be expected.

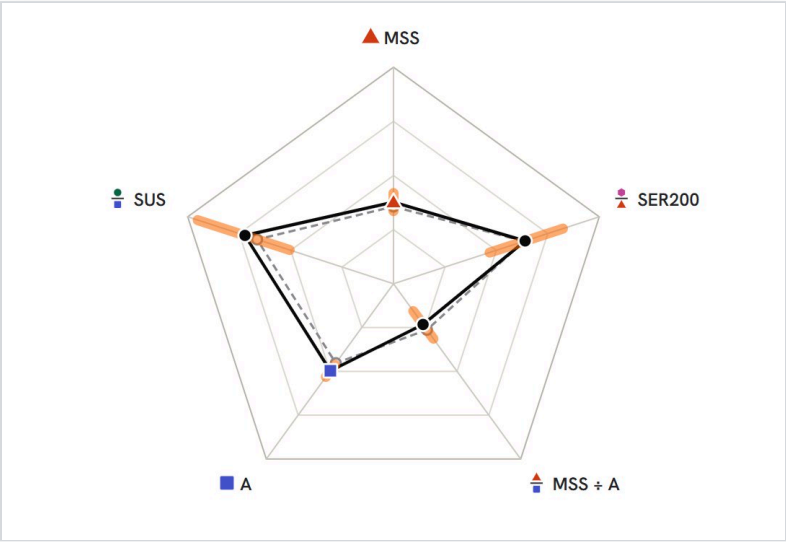
- FREE PROFILER FOR RUNNERS
- P.A.C.E. PRO FOR COACHES
- PACE IN MIN/KM
- ENGLISH AND DUTCH

TOPTIMUM PERFORMANCE

toptimumperformance.be/pace

01 PROFILE AND RATIOS

Each ratio, the relation between two core speeds, already says something about the profile: does your runner race far from or close to their sprint ceiling, and is that ceiling high or low compared with the other speeds?



The profile in one figure, without values; each axis is a core speed or a ratio

FOUR CORE SPEEDS

From sprint ceiling to critical speed, from your own times.

THE RATIOS BETWEEN THEM

How your speeds relate to each other: that is where the profile lies.

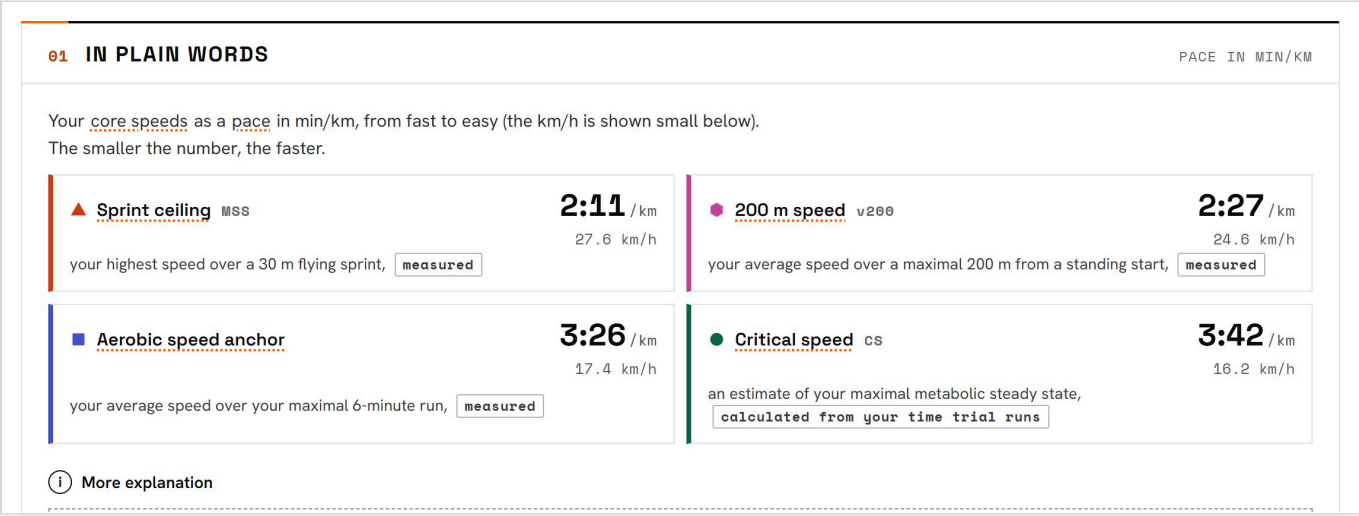
MSS: maximal sprinting speed (sprint ceiling)

A: aerobic speed anchor

MSS ÷ A: speed reserve ratio

SUS: sustainable utilisation, critical speed as a share of the aerobic anchor

SER200: speed expression over 200 m, the speed over 200 m as a share of the sprint ceiling



The core speeds in plain words, each as a pace in min/km

PROFILE AREAS, FROM ENDURANCE TO SPEED

EXTREME ENDURANCE	DIESEL	HYBRID AREA	FLYER	EXTREME SPEED

← ENDURANCE SPEED →

A provisional classification on your own measurements, not a verdict. Not for runners under 18.

Screenshots and report: fictitious athletes and values

02 FROM PROFILE TO PERFORMANCE

Two runners with the same 10 km time can have very different profiles. P.A.C.E. Pro shows why, and what to work on.

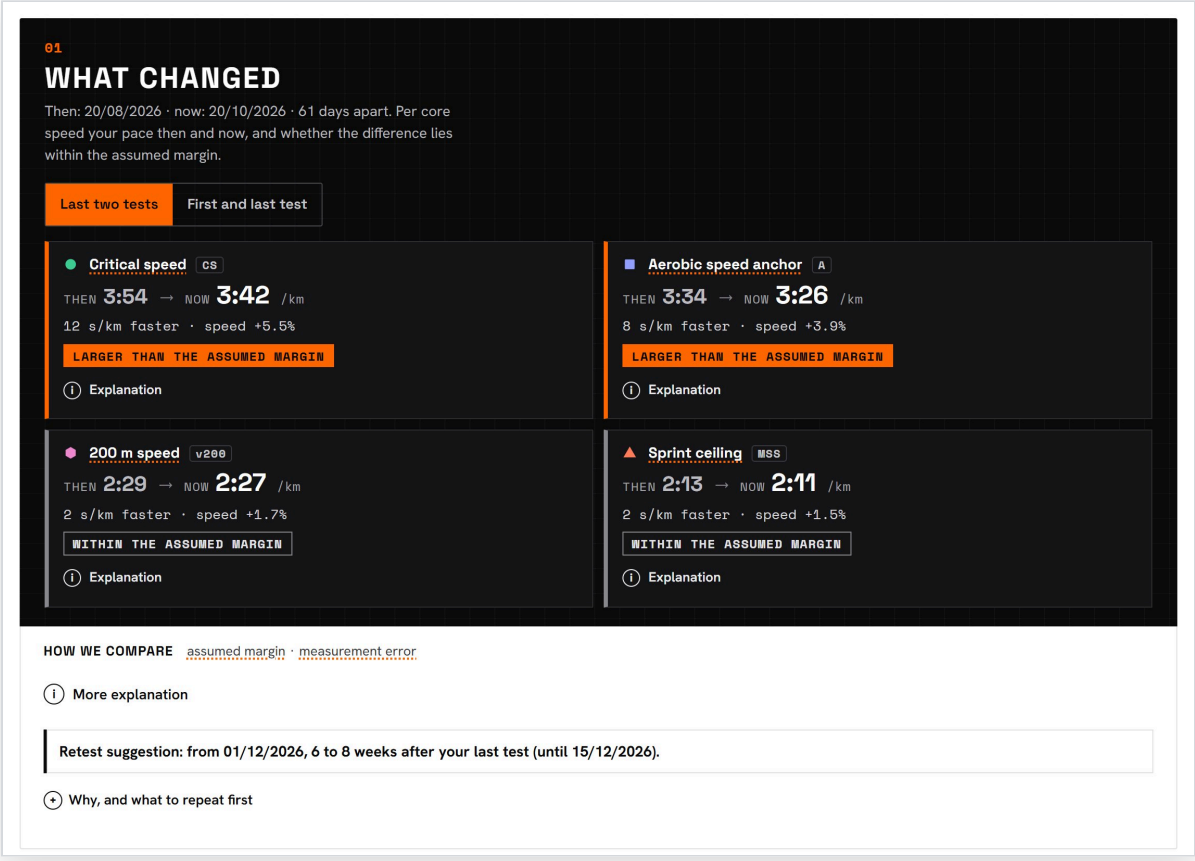
01
HOW THE PROFILE IS BUILT
What is strong and what to work on, per core speed and per ratio.

02
WHICH DISTANCES FIT
The profile area and an estimate per distance.

03
WHAT YOUR GOAL DEMANDS
Choose a target distance: the features in order of what matters most there.

04
WHERE GAINS ARE TO BE EXPECTED
Training emphases, and a worked example: change one core speed and see what shifts.

05
WHETHER IT WORKS
After a retest: is the progress larger than the assumed margin?



- After a retest: per core speed the pace then and now, and whether the difference lies outside the margin

- Zones above the threshold
- vVO_2max or MAS: speed at maximal oxygen uptake
- ASR: anaerobic speed reserve, between MAS and MSS
- MSS: maximal sprinting speed
- Follow-up per athlete
- Next test suggested
- Everything on your own laptop
- Works without internet

Screenshots and report: fictitious athletes and values

03 THE ENGINE AND THE OUTPUT

A lactate test is metabolic: it shows how the body supplies the energy, the engine. A P.A.C.E. test is mechanical: it measures the output, the speeds you run. They are complementary.

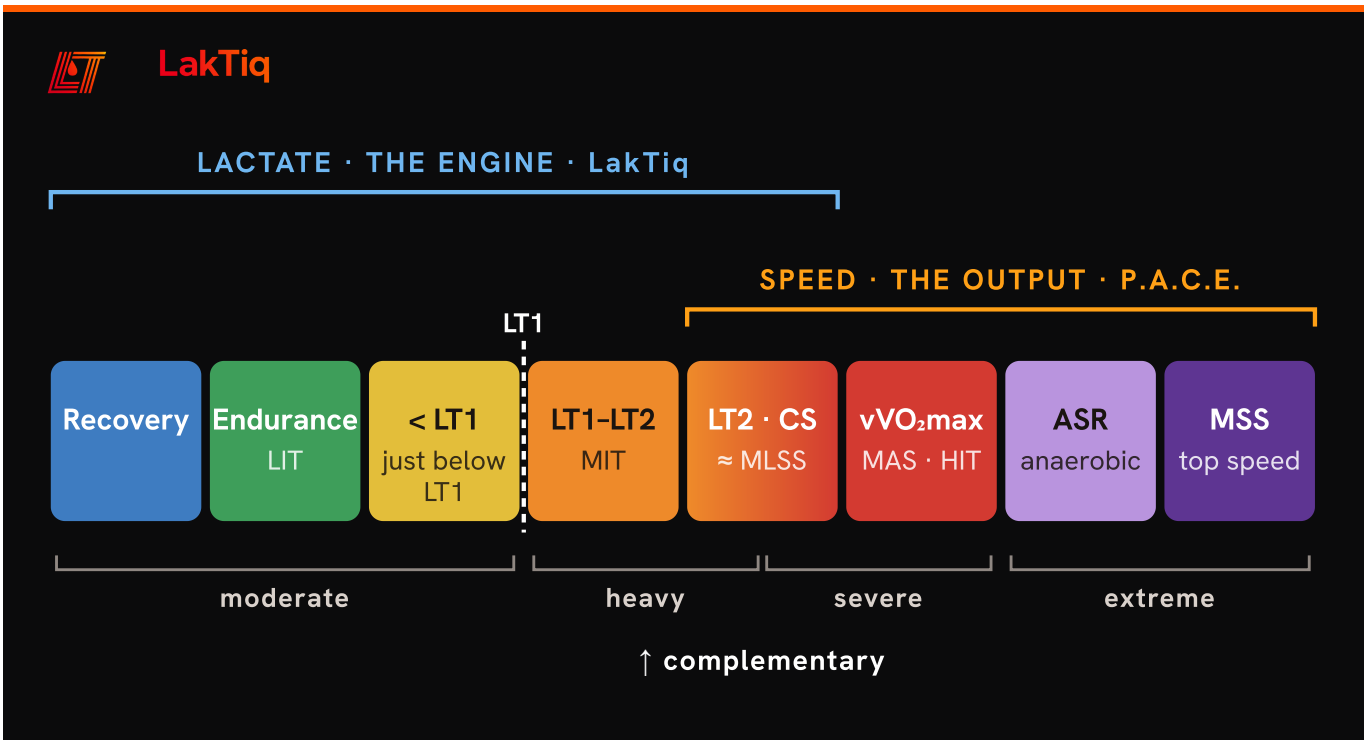


Diagram · simplified, not to scale · domains as in the international literature

Abbreviations in the diagram · LT1, LT2: first and second lactate threshold · MLSS: maximal lactate steady state · CS: critical speed · LIT, MIT, HIT: low-, moderate- and high-intensity training · vVO_2max or MAS: speed at maximal oxygen uptake (maximal aerobic speed) · ASR: anaerobic speed reserve · MSS: maximal sprinting speed · moderate, heavy, severe, extreme: the four intensity domains

LACTATE · THE ENGINE

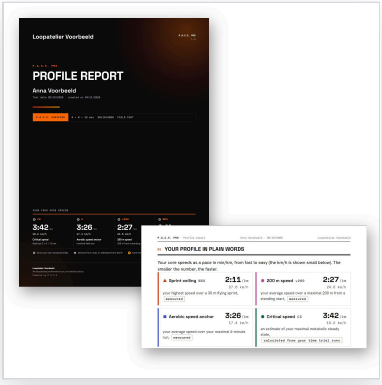
From your lactate test, LakTiq estimates the first and second lactate thresholds (LT1 and LT2) and the zones up to LT2.

SPEED · THE OUTPUT

P.A.C.E. measures your speeds, above LT2 too, up to your maximal sprinting speed (MSS).

ONE TEST DAY

Part of the P.A.C.E. test, such as the maximal 200 m, can be done in the same session as the lactate test.



Cover and inside page of the report · fictitious coach and athlete

A REPORT WITH YOUR NAME ON IT

Your name or logo at the top, the four core speeds on the cover. Then the profile, the zones, example sessions at your athlete's own pace and the follow-up, always in plain words.

Screenshots and report: fictitious athletes and values

TWO WAYS TO START

FOR RUNNERS · FREE

P.A.C.E. PROFILER

Your core speeds as a pace in min/km and the ratios between them, in your own browser. No account, no installation.

Free

toptimumperformance.be/pace-profiler

FOR COACHES · WINDOWS

P.A.C.E. PRO

The full profile, profile areas, distances, zones above the threshold, follow-up and a report with your own name and logo.

€149

per coach per year, excl. VAT · with LakTiq €299 for both

toptimumperformance.be/pace-pro

HOW TO START WITH P.A.C.E. PRO

01

DOWNLOAD

Download P.A.C.E. Pro for Windows at toptimumperformance.be/pace-pro.

02

TRY IT FOR 7 DAYS

Work with every feature for 7 days, free, with your own athletes.

03

LICENCE

Request your licence and enter your code. Everything you have already done stays in place.



Pieter Rijnders taking a lactate sample

BY A COACH, FOR COACHES

P.A.C.E. is a product of **Toptimum Performance**, built by **Pieter Rijnders**, founder and coach. He holds a Master's degree in Physical Education and Movement Sciences (KU Leuven), competed internationally as a long-distance runner and duathlete, and has run more than 1000 tests as a coach. Since 2018 he has coached runners, duathletes and triathletes.

FREQUENTLY ASKED QUESTIONS

For which runners?

For healthy runners who want to train with purpose, from middle distance to marathon.

Do I need a lactate test?

No. P.A.C.E. also works on its own. The zones below the threshold come from a lactate test: from LakTiq, or you enter the first and second lactate thresholds (LT1 and LT2) yourself.

We are several coaches.

Then you need one licence per coach. The club or business can order them itself.

Mac, tablet or phone?

P.A.C.E. Pro runs on a laptop or PC with Windows. The free Profiler works in your browser.

P.A.C.E. is a tool for sport and performance, not a medical device. The outcomes are estimates. Time trials and sprints are maximal efforts. All names and values in the images are fictitious. Privacy statement: toptimumperformance.be/pace-pro-privacy

Questions? pieter@toptimumperformance.be · © 2026 Toptimum Performance — Toptimum Sport CommV · Lindenhoeve 31, 2350 Vosselaar, Belgium · BE 0735 624 739