

5th Street Picks

Running Styles and Tactical Intentions

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Front-Running/Early Speed:

Forward intent — sharp early kick, projects to be on/near lead

Forward push — tactical speed to press pace, but stamina fades in lane

Forward type — alert early, can press pace, but wide trips sap finish

Pace presence — forward intent, can press or sit close, but drifts late

Tactical/Stalking (Sitting just behind the leaders):

Tactical stalker — sits just off leaders, reliable late punch

Tactical stalker — sits just off the pace, grinds into position, strong late push

Stalker with finish — settles midpack, best stride comes late, reliable closer

Tactical stalker — versatile trip, can sit close and finish with strength

Mid-to-Late Runners (Closer/Midpack):

Patient closer — slow into stride, relies on late rally if pace collapses

Stalker — saves ground, grinds into contention, lacks explosive kick

Midpack type — can secure position, but fades under pressure

Forward type — tactical speed to secure position, but flattens when pressed

Midpack type — steady rallying style, needs a target to chase