

PACE CHART



MILE BEST	5K BEST / AVG MILE PACE	10K BEST / AVG MILE PACE	TEMPO AVG MILE PACE	HALF MARATHON BEST / AVG MILE PACE	MARATHON BEST / AVG MILE PACE	RECOVERY DAY PACE
5:00	17:05 / 5:30	35:45 / 5:45	5:55	1:18:00 / 5:00	2:44:00 / 6:15	7:00
5:30	18:45 / 6:00	39:00 / 6:15	6:25	1:25:00 / 6:30	3:00:00 / 6:50	7:35
6:00	20:15 / 6:30	42:00 / 6:45	7:05	1:35:00 / 7:15	3:15:00 / 7:25	8:10
6:30	22:00 / 7:05	45:45 / 7:20	7:25	1:40:00 / 7:35	3:30:00 / 8:00	8:45
7:00	23:45 / 7:40	49:00 / 7:55	8:05	1:50:00 / 8:20	3:45:00 / 8:35	9:20
7:30	25:15 / 8:05	52:30 / 8:25	8:40	1:55:00 / 8:45	4:00:00 / 9:10	9:55
8:00	27:00 / 8:40	55:50 / 9:00	9:20	2:05:00 / 9:30	4:15:00 / 9:45	10:30
8:30	28:30 / 9:10	59:00 / 9:30	9:45	2:10:00 / 9:55	4:30:00 / 10:15	11:00
9:00	30:00 / 9:40	62:30 / 10:00	10:25	2:20:00 / 10:40	4:45:00 / 10:50	11:35
9:30	31:45 / 10:15	66:00 / 10:35	10:55	2:25:00 / 11:05	5:00:00 / 11:25	12:10
10:00	33:00 / 10:40	69:00 / 11:05	11:35	2:35:00 / 11:45	5:15:00 / 12:00	12:45
10:30	35:00 / 11:15	72:00 / 11:35	12:00	2:40:00 / 12:10	5:30:00 / 12:35	13:20
11:00	36:15 / 11:40	75:00 / 12:00	12:35	2:50:00 / 12:55	5:40:00 / 13:00	13:45
11:30	38:00 / 12:15	78:30 / 12:35	13:00	2:55:00 / 13:15	5:50:00 / 13:20	14:05
12:00	39:30 / 12:40	81:30 / 13:05	13:35	3:05:00 / 14:05	6:00:00 / 13:45	14:30
12:30	40:20 / 13:00	85:00 / 13:40	13:50	3:07:00 / 14:10	6:20:00 / 14:30	14:50