

**VIEW THE CHARTS BELOW TO DETERMINE WHAT
YOUR PACE MUST BE TO ACHIEVE YOUR GOAL**

PACE CHART - 1

5-9 MINUTE MILE

Mile Time	5K	10K	15K	20K	13.1mi.	25K	30K	Mara.
5:00	0:15:32	0:31:04	0:46:36	1:02:08	1:05:33	1:17:40	1:33:12	2:11:05
5:10	0:16:03	0:32:06	0:48:09	1:04:12	1:07:44	1:20:15	1:36:18	2:15:27
5:20	0:16:34	0:33:08	0:49:42	1:06:16	1:09:55	1:22:50	1:39:24	2:19:49
5:30	0:17:05	0:34:10	0:51:15	1:08:20	1:12:06	1:25:25	1:42:30	2:24:11
5:40	0:17:36	0:35:12	0:52:48	1:10:24	1:14:17	1:28:00	1:45:36	2:28:33
5:50	0:18:07	0:36:14	0:54:21	1:12:28	1:16:28	1:30:35	1:48:42	2:32:55
6:00	0:18:38	0:37:17	0:55:54	1:14:32	1:18:39	1:33:10	1:51:48	2:37:17
6:10	0:19:09	0:38:18	0:57:27	1:16:36	1:20:50	1:35:45	1:54:54	2:41:39
6:20	0:19:40	0:39:22	0:59:00	1:18:40	1:23:01	1:38:20	1:58:00	2:46:01
6:30	0:20:11	0:40:24	1:00:33	1:20:44	1:25:12	1:40:55	2:01:06	2:50:23
6:40	0:20:42	0:41:26	1:02:06	1:22:48	1:27:23	1:43:30	2:04:12	2:54:45
6:50	0:21:13	0:42:28	1:03:39	1:24:52	1:29:34	1:46:05	2:07:18	2:59:07
7:00	0:21:44	0:43:30	1:05:12	1:26:56	1:31:45	1:48:40	2:10:24	3:03:29
7:10	0:22:15	0:44:32	1:06:45	1:29:00	1:33:56	1:51:15	2:13:30	3:07:51
7:20	0:22:46	0:45:34	1:08:18	1:31:04	1:36:07	1:53:50	2:16:36	3:12:13
7:30	0:23:17	0:46:36	1:09:51	1:33:08	1:38:18	1:56:25	2:19:42	3:16:35
7:40	0:23:48	0:47:38	1:11:24	1:35:12	1:40:29	1:59:00	2:22:48	3:20:57
7:50	0:24:19	0:48:40	1:12:57	1:37:16	1:42:40	2:01:35	2:25:54	3:25:19
8:00	0:24:50	0:49:42	1:14:30	1:39:20	1:44:51	2:04:10	2:29:00	3:29:41
8:10	0:25:21	0:50:44	1:16:03	1:41:24	1:47:02	2:06:45	2:32:06	3:34:03
8:20	0:25:52	0:51:46	1:17:36	1:43:28	1:49:13	2:09:20	2:35:12	3:38:25
8:30	0:26:23	0:52:48	1:19:09	1:45:32	1:51:24	2:11:55	2:38:18	3:42:47
8:40	0:26:54	0:53:50	1:20:42	1:47:36	1:53:35	2:14:30	2:41:24	3:47:09
8:50	0:27:25	0:54:52	1:22:15	1:49:40	1:55:46	2:17:05	2:44:30	3:51:31
9:00	0:27:56	0:55:54	1:23:48	1:51:44	1:57:57	2:19:40	2:47:36	3:55:53

PACE CHART - 2

9-14 MINUTES PER MILE

Mile Time	5K	10K	15K	20K	13.1mi.	25K	30K	Mara.
9:00	0:27:56	0:55:54	1:23:48	1:51:44	1:57:57	2:19:40	2:47:36	3:55:53
9:10	0:28:27	0:56:56	1:25:21	1:53:48	2:00:08	2:22:15	2:50:42	4:00:15
9:20	0:28:58	0:57:58	1:26:54	1:55:52	2:02:19	2:24:50	2:53:48	4:04:37
9:30	0:29:29	0:59:00	1:28:27	1:57:56	2:04:30	2:27:25	2:56:54	4:08:59
9:40	0:30:00	1:00:02	1:30:00	2:00:00	2:06:41	2:30:00	3:00:00	4:13:21
9:50	0:30:31	1:01:04	1:31:33	2:02:04	2:08:52	2:32:35	3:03:06	4:17:43
10:00	0:31:02	1:02:06	1:33:06	2:04:08	2:11:03	2:35:10	3:06:12	4:22:05
10:10	0:31:33	1:03:08	1:34:39	2:06:12	2:13:14	2:37:45	3:09:18	4:26:27
10:20	0:32:04	1:04:10	1:36:12	2:08:16	2:15:25	2:40:20	3:12:24	4:30:49
10:30	0:32:35	1:05:12	1:37:45	2:10:20	2:17:36	2:42:55	3:15:30	4:35:11
10:40	0:33:06	1:06:14	1:39:18	2:12:24	2:19:47	2:45:30	3:18:36	4:39:33
10:50	0:33:37	1:07:16	1:40:51	2:14:28	2:21:58	2:48:05	3:21:42	4:43:55
11:00	0:34:08	1:08:18	1:42:24	2:16:32	2:24:09	2:50:40	3:24:48	4:48:17
11:10	0:34:39	1:09:20	1:43:57	2:18:36	2:26:20	2:53:15	3:27:54	4:52:39
11:20	0:35:10	1:10:22	1:45:30	2:20:40	2:28:31	2:55:50	3:31:00	4:57:01
11:30	0:35:41	1:11:24	1:47:03	2:22:44	2:30:42	2:58:25	3:34:06	5:01:23
11:40	0:36:12	1:12:26	1:48:36	2:24:48	2:32:53	3:01:00	3:37:12	5:05:45
11:50	0:36:43	1:13:28	1:50:09	2:26:52	2:35:04	3:03:35	3:40:18	5:10:07
12:00	0:37:14	1:14:30	1:51:42	2:28:56	2:37:15	3:06:10	3:43:24	5:14:29
12:10	0:37:45	1:15:32	1:53:15	2:31:00	2:39:26	3:08:45	3:46:30	5:18:51
12:20	0:38:16	1:16:34	1:54:48	2:33:04	2:41:37	3:11:20	3:49:36	5:23:13
12:30	0:38:47	1:17:36	1:56:21	2:35:08	2:43:48	3:13:55	3:52:42	5:27:35
12:40	0:39:18	1:18:38	1:57:54	2:37:12	2:45:59	3:16:30	3:55:48	5:31:57
12:50	0:39:49	1:19:40	1:59:27	2:39:16	2:48:10	3:19:05	3:58:54	5:36:19
13:00	0:40:20	1:20:42	2:01:00	2:41:20	2:50:21	3:21:40	4:02:00	5:40:41
13:10	0:40:51	1:21:44	2:02:33	2:43:24	2:52:32	3:24:15	4:05:06	5:45:03
13:20	0:41:22	1:22:46	2:04:06	2:45:28	2:54:43	3:26:50	4:08:12	5:49:25
13:30	0:41:53	1:23:48	2:05:39	2:47:32	2:56:54	3:29:25	4:11:18	5:53:47
13:40	0:42:24	1:24:50	2:07:12	2:49:36	2:59:05	3:32:00	4:14:24	5:58:09
13:50	0:42:55	1:25:52	2:08:45	2:51:40	3:01:16	3:34:35	4:17:30	6:02:31
14:00	0:43:26	1:26:54	2:10:18	2:53:44	3:03:27	3:37:10	4:20:36	6:06:53