

Pace Chart (adapted from *Daniels Running Formula*)

<u>5 km Pace</u>	<u>5 km Time</u>	<u>8 km Pace</u>	<u>8 km Time</u>	<u>10 km Pace</u>	<u>10 km Time</u>	<u>Easy pace long run (min/km)</u>	<u>Tempo Pace (400 m)</u>	<u>Tempo Pace (min/km)</u>	<u>Marathon Pace (min/km)</u>	<u>Half Marathon Pace (min/km)</u>
3:36	0:18:00	3:42	0:29:37	3:45	37:31	4:45	1:34	3:53	4:06	3:56
3:54	0:19:30	4:01	0:32:05	4:04	40:39	5:00	1:40	4:11	4:27	4:16
4:07	0:20:33	4:14	0:33:49	4:17	42:50	5:15	1:45	4:24	4:41	4:30
4:21	0:21:43	4:28	0:35:44	4:32	45:16	5:30	1:51	4:38	4:56	4:44
4:36	0:23:02	4:44	0:37:54	4:48	48:01	5:45	1:57	4:54	5:14	5:03
4:48	24:00	4:56	39:30	5:00	50:03	6:00	2:02	5:06	5:27	5:16
5:01	25:05	5:09	41:16	5:14	52:17	6:15	2:07	5:19	5:41	5:30
5:15	26:15	5:24	43:12	5:28	54:44	6:30	2:13	5:33	5:56	5:44
5:31	27:33	5:40	45:20	5:45	57:26	6:45	2:19	5:48	6:13	6:01
5:48	28:59	5:58	47:42	6:03	60:26	7:00	2:26	6:05	6:31	6:21
6:01	30:03	6:11	49:28	6:16	1:02.40	7:15	2:34	6:25	6:50	6:33
6:14	0:31:11	6:25	0:51:19	6:30	1:05.00	7:30	2:40	6:40	7:05	6:48
6:27	0:32:15	6:38	0:53:05	6:44	1:07.15	7:45	2:45	6:53	7:20	7:02
6:43	0:33:34	6:54	0:55:15	7:00	1:10.00	8:00	2:52	7:10	7:38	7:19