

Appendix A - Pace in Minutes/Mile

[illegible]

Appendix A - Pace in Minutes/Mile

	4.75 Miles	5 Miles	5.25 Miles	5.5 Miles	5.75 Miles	6 Miles	10,000 Meters	6.5 Miles	7 Miles	7.5 Miles	8 Miles	8.5 Miles	9 Miles	15,000 Meters	9.5 Miles	10 Miles	10.5 Miles	11 Miles	11.5 Miles	12 Miles	12.5 Miles
19 Min	4:00																				
20 Min	4:13	4:00																			
21 Min	4:25	4:12	4:00																		
22 Min	4:38	4:24	4:11	4:00																	
23 Min	4:51	4:36	4:23	4:11	4:00																
24 Min	5:03	4:48	4:34	4:22	4:10	4:00															
25 Min	5:16	5:00	4:46	4:33	4:21	4:10	4:01														
26 Min	5:28	5:12	4:57	4:44	4:31	4:20	4:11	4:00													
27 Min	5:41	5:24	5:09	4:55	4:42	4:30	4:21	4:09													
28 Min	5:54	5:36	5:20	5:05	4:52	4:40	4:30	4:18	4:00												
29 Min	6:06	5:48	5:31	5:16	5:03	4:50	4:40	4:28	4:09												
30 Min	6:19	6:00	5:43	5:27	5:13	5:00	4:50	4:37	4:17	4:00											
31 Min	6:32	6:12	5:54	5:38	5:23	5:10	4:59	4:46	4:26	4:08											
32 Min	6:44	6:24	6:06	5:49	5:34	5:20	5:09	4:55	4:34	4:16	4:00										
33 Min	6:57	6:36	6:17	6:00	5:44	5:30	5:19	5:05	4:43	4:24	4:08										
34 Min	7:09	6:48	6:29	6:11	5:55	5:40	5:28	5:14	4:51	4:32	4:15	4:00									
35 Min	7:22	7:00	6:40	6:22	6:05	5:50	5:38	5:23	5:00	4:40	4:23	4:07									
36 Min	7:35	7:12	6:51	6:33	6:16	6:00	5:48	5:32	5:09	4:48	4:30	4:14	4:00								
37 Min	7:47	7:24	7:03	6:44	6:26	6:10	5:57	5:42	5:17	4:56	4:38	4:21	4:07								
38 Min	8:00	7:36	7:14	6:55	6:37	6:20	6:07	5:51	5:26	5:04	4:45	4:28	4:13	4:05	4:00						
39 Min	8:13	7:48	7:26	7:05	6:47	6:30	6:17	6:00	5:34	5:12	4:53	4:35	4:20	4:11	4:06						
40 Min	8:25	8:00	7:37	7:16	6:57	6:40	6:26	6:09	5:43	5:20	5:00	4:42	4:27	4:18	4:13	4:00					
41 Min	8:38	8:12	7:49	7:27	7:08	6:50	6:36	6:18	5:51	5:28	5:08	4:49	4:33	4:24	4:19	4:06					
42 Min	8:51	8:24	8:00	7:38	7:18	7:00	6:46	6:28	6:00	5:36	5:15	4:56	4:40	4:30	4:25	4:12	4:00				
43 Min	9:03	8:36	8:11	7:49	7:29	7:10	6:55	6:37	6:09	5:44	5:23	5:04	4:47	4:37	4:32	4:18	4:06				
44 Min	9:16	8:48	8:23	8:00	7:39	7:20	7:05	6:46	6:17	5:52	5:30	5:11	4:53	4:43	4:38	4:24	4:11	4:00			
45 Min	9:28	9:00	8:34	8:11	7:50	7:30	7:15	6:55	6:26	6:00	5:38	5:18	5:00	4:50	4:44	4:30	4:17	4:05			
46 Min	9:41	9:12	8:46	8:22	8:00	7:40	7:24	7:05	6:34	6:08	5:45	5:25	5:07	4:56	4:51	4:36	4:23	4:11	4:00		
47 Min	9:54	9:24	8:57	8:33	8:10	7:50	7:34	7:14	6:43	6:16	5:53	5:32	5:13	5:03	4:57	4:42	4:29	4:16	4:05		
48 Min	10:06	9:36	9:09	8:44	8:21	8:00	7:43	7:23	6:51	6:24	6:00	5:39	5:20	5:09	5:03	4:48	4:34	4:22	4:10	4:00	
49 Min	10:19	9:48	9:20	8:55	8:31	8:10	7:53	7:32	7:00	6:32	6:08	5:46	5:27	5:15	5:09	4:54	4:40	4:27	4:16	4:05	
50 Min	10:32	10:00	9:31	9:05	8:42	8:20	8:03	7:42	7:09	6:40	6:15	5:53	5:33	5:22	5:16	5:00	4:46	4:33	4:21	4:10	4:00
51 Min	10:44	10:12	9:43	9:16	8:52	8:30	8:12	7:51	7:17	6:48	6:23	6:00	5:40	5:28	5:22	5:06	4:51	4:38	4:26	4:15	4:05
52 Min	10:57	10:24	9:54	9:27	9:03	8:40	8:22	8:00	7:26	6:56	6:30	6:07	5:47	5:35	5:28	5:12	4:57	4:44	4:31	4:20	4:10
53 Min	11:09	10:36	10:06	9:38	9:13	8:50	8:32	8:09	7:34	7:04	6:38	6:14	5:53	5:41	5:35	5:18	5:03	4:49	4:37	4:25	4:14
54 Min	11:22	10:48	10:17	9:49	9:23	9:00	8:41	8:18	7:43	7:12	6:45	6:21	6:00	5:48	5:41	5:24	5:09	4:55	4:42	4:30	4:19
55 Min	11:35	11:00	10:29	10:00	9:34	9:10	8:51	8:28	7:51	7:20	6:53	6:28	6:07	5:54	5:47	5:30	5:14	5:00	4:47	4:35	4:24
56 Min	11:47	11:12	10:40	10:11	9:44	9:20	9:01	8:37	8:00	7:28	7:00	6:35	6:13	6:00	5:54	5:36	5:20	5:05	4:52	4:40	4:29
57 Min	12:00	11:24	10:51	10:22	9:55	9:30	9:10	8:46	8:09	7:36	7:08	6:42	6:20	6:07	6:00	5:42	5:26	5:11	4:57	4:45	4:34
58 Min		11:36	11:03	10:33	10:05	9:40	9:20	8:55	8:17	7:44	7:15	6:49	6:27	6:13	6:06	5:48	5:31	5:16	5:03	4:50	4:38
59 Min		11:48	11:14	10:44	10:16	9:50	9:30	9:05	8:26	7:52	7:23	6:56	6:33	6:20	6:13	5:54	5:37	5:22	5:08	4:55	4:43
1 Hr 0 Min		12:00	11:26	10:55	10:26	10:00	9:39	9:14	8:34	8:00	7:30	7:04	6:40	6:26	6:19	6:00	5:43	5:27	5:13	5:00	4:48
1 Hr 2 Min			11:49	11:16	10:47	10:20	9:59	9:32	8:51	8:16	7:45	7:18	6:53	6:39	6:32	6:12	5:54	5:38	5:23	5:10	4:58
1 Hr 4 Min				11:38	11:08	10:40	10:18	9:51	9:09	8:32	8:00	7:32	7:07	6:52	6:44	6:24	6:06	5:49	5:34	5:20	5:07
1 Hr 6 Min				12:00	11:29	11:00	10:37	10:09	9:26	8:48	8:15	7:46	7:20	7:05	6:57	6:36	6:17	6:00	5:44	5:30	5:17
1 Hr 8 Min					11:50	11:20	10:57	10:28	9:43	9:04	8:30	8:00	7:33	7:18	7:09	6:48	6:29	6:11	5:55	5:40	5:26
1 Hr 10 Min						11:40	11:16	10:46	10:00	9:20	8:45	8:14	7:47	7:31	7:22	7:00	6:40	6:22	6:05	5:50	5:36
1 Hr 12 Min						12:00	11:35	11:05	10:17	9:36	9:00	8:28	8:00	7:43	7:35	7:12	6:51	6:33	6:16	6:00	5:46
1 Hr 14 Min							11:55	11:23	10:34	9:52	9:15	8:42	8:13	7:56	7:47	7:24	7:03	6:44	6:26	6:10	5:55
1 Hr 16 Min								11:42	10:51	10:08	9:30	8:56	8:27	8:09	8:00	7:36	7:14	6:55	6:37	6:20	6:05
1 Hr 18 Min								12:00	11:09	10:24	9:45	9:11	8:40	8:22	8:13	7:48	7:26	7:05	6:47	6:30	6:14
1 Hr 20 Min									11:26	10:40	10:00	9:25	8:53	8:35	8:25	8:00	7:37	7:16	6:57	6:40	6:24
1 Hr 22 Min									11:43	10:56	10:15	9:39	9:07	8:48	8:38	8:12	7:49	7:27	7:08	6:50	6:34
1 Hr 24 Min									12:00	11:12	10:30	9:53	9:20	9:01	8:51	8:24	8:00	7:38	7:18	7:00	6:43
1 Hr 26 Min										11:28	10:45	10:07	9:33	9:14	9:03	8:36	8:11	7:49	7:29	7:10	6:53
1 Hr 28 Min										11:44	11:00	10:21	9:47	9:26	9:16	8:48	8:23	8:00	7:39	7:20	7:02
1 Hr 30 Min										12:00	11:15	10:35	10:00	9:39	9:28	9:00	8:34	8:11	7:50	7:30	7:12
1 Hr 35 Min											11:53	11:11	10:33	10:12	10:00	9:30	9:03	8:38	8:16	7:55	7:36
1 Hr 40 Min												11:46	11:07	10:44	10:32	10:00	9:31	9:05	8:42	8:20	8:00
1 Hr 45 Min													11:40	11:16	11:03	10:30	10:00	9:33	9:08	8:45	8:24

Appendix A - Pace in Minutes/Mile

	10.5 Miles	11 Miles	11.5 Miles	12 Miles	12.5 Miles	13 Miles	Half Marathon	14 Miles	15 Miles	16 Miles	17 Miles	18 Miles	19 Miles	20 Miles	21 Miles	22 Miles	23 Miles	24 Miles	25 Miles	26 Miles	Olympic Marathon
42 Min	4:00																				
43 Min	4:06																				
44 Min	4:11	4:00																			
45 Min	4:17	4:05																			
46 Min	4:23	4:11	4:00																		
47 Min	4:29	4:16	4:05																		
48 Min	4:34	4:22	4:10	4:00																	
49 Min	4:40	4:27	4:16	4:05																	
50 Min	4:46	4:33	4:21	4:10	4:00																
51 Min	4:51	4:38	4:26	4:15	4:05																
52 Min	4:57	4:44	4:31	4:20	4:10	4:00															
53 Min	5:03	4:49	4:37	4:25	4:14	4:05	4:03														
54 Min	5:09	4:55	4:42	4:30	4:19	4:09	4:07														
55 Min	5:14	5:00	4:47	4:35	4:24	4:14	4:12														
56 Min	5:20	5:05	4:52	4:40	4:29	4:18	4:16	4:00													
57 Min	5:26	5:11	4:57	4:45	4:34	4:23	4:21	4:04													
58 Min	5:31	5:16	5:03	4:50	4:38	4:28	4:25	4:09													
59 Min	5:37	5:22	5:08	4:55	4:43	4:32	4:30	4:13													
1 Hr 0 Min	5:43	5:27	5:13	5:00	4:48	4:37	4:35	4:17	4:00												
1 Hr 2 Min	5:54	5:38	5:23	5:10	4:58	4:46	4:44	4:26	4:08												
1 Hr 4 Min	6:06	5:49	5:34	5:20	5:07	4:55	4:53	4:34	4:16	4:00											
1 Hr 6 Min	6:17	6:00	5:44	5:30	5:17	5:05	5:02	4:43	4:24	4:08											
1 Hr 8 Min	6:29	6:11	5:55	5:40	5:26	5:14	5:11	4:51	4:32	4:15	4:00										
1 Hr 10 Min	6:40	6:22	6:05	5:50	5:36	5:23	5:20	5:00	4:40	4:23	4:07										
1 Hr 12 Min	6:51	6:33	6:16	6:00	5:46	5:32	5:30	5:09	4:48	4:30	4:14	4:00									
1 Hr 14 Min	7:03	6:44	6:26	6:10	5:55	5:42	5:39	5:17	4:56	4:38	4:21	4:07									
1 Hr 16 Min	7:14	6:55	6:37	6:20	6:05	5:51	5:48	5:26	5:04	4:45	4:28	4:13	4:00								
1 Hr 18 Min	7:26	7:05	6:47	6:30	6:14	6:00	5:57	5:34	5:12	4:53	4:35	4:20	4:06								
1 Hr 20 Min	7:37	7:16	6:57	6:40	6:24	6:09	6:06	5:43	5:20	5:00	4:42	4:27	4:13	4:00							
1 Hr 22 Min	7:49	7:27	7:08	6:50	6:34	6:18	6:15	5:51	5:28	5:08	4:49	4:33	4:19	4:06							
1 Hr 24 Min	8:00	7:38	7:18	7:00	6:43	6:28	6:24	6:00	5:36	5:15	4:56	4:40	4:25	4:12	4:00						
1 Hr 26 Min	8:11	7:49	7:29	7:10	6:53	6:37	6:34	6:09	5:44	5:23	5:04	4:47	4:32	4:18	4:06						
1 Hr 28 Min	8:23	8:00	7:39	7:20	7:02	6:46	6:43	6:17	5:52	5:30	5:11	4:53	4:38	4:24	4:11	4:00					
1 Hr 30 Min	8:34	8:11	7:50	7:30	7:12	6:55	6:52	6:26	6:00	5:38	5:18	5:00	4:44	4:30	4:17	4:05					
1 Hr 35 Min	9:03	8:38	8:16	7:55	7:36	7:18	7:15	6:47	6:20	5:56	5:35	5:17	5:00	4:45	4:31	4:19	4:08				
1 Hr 40 Min	9:31	9:05	8:42	8:20	8:00	7:42	7:38	7:09	6:40	6:15	5:53	5:33	5:16	5:00	4:46	4:33	4:21	4:10	4:00		
1 Hr 45 Min	10:00	9:33	9:08	8:45	8:24	8:05	8:01	7:30	7:00	6:34	6:11	5:50	5:32	5:15	5:00	4:46	4:34	4:23	4:12	4:02	4:00
1 Hr 50 Min	10:29	10:00	9:34	9:10	8:48	8:28	8:23	7:51	7:20	6:53	6:28	6:07	5:47	5:30	5:14	5:00	4:47	4:35	4:24	4:14	4:12
1 Hr 55 Min	10:57	10:27	10:00	9:35	9:12	8:51	8:46	8:13	7:40	7:11	6:46	6:23	6:03	5:45	5:29	5:14	5:00	4:48	4:36	4:25	4:23
2 Hr 0 Min	11:26	10:55	10:26	10:00	9:36	9:14	9:09	8:34	8:00	7:30	7:04	6:40	6:19	6:00	5:43	5:27	5:13	5:00	4:48	4:37	4:35
2 Hr 5 Min	11:54	11:22	10:52	10:25	10:00	9:37	9:32	8:56	8:20	7:49	7:21	6:57	6:35	6:15	5:57	5:41	5:26	5:13	5:00	4:48	4:46
2 Hr 10 Min		11:49	11:18	10:50	10:24	10:00	9:55	9:17	8:40	8:08	7:39	7:13	6:51	6:30	6:11	5:55	5:39	5:25	5:12	5:00	4:57
2 Hr 15 Min			11:44	11:15	10:48	10:23	10:18	9:39	9:00	8:26	7:56	7:30	7:06	6:45	6:26	6:08	5:52	5:38	5:24	5:12	5:09
2 Hr 20 Min				11:40	11:12	10:46	10:41	10:00	9:20	8:45	8:14	7:47	7:22	7:00	6:40	6:22	6:05	5:50	5:36	5:23	5:20
2 Hr 25 Min					11:36	11:09	11:04	10:21	9:40	9:04	8:32	8:03	7:38	7:15	6:54	6:35	6:18	6:03	5:48	5:35	5:32
2 Hr 30 Min					12:00	11:32	11:27	10:43	10:00	9:23	8:49	8:20	7:54	7:30	7:09	6:49	6:31	6:15	6:00	5:46	5:43
2 Hr 35 Min						11:55	11:49	11:04	10:20	9:41	9:07	8:37	8:09	7:45	7:23	7:03	6:44	6:28	6:12	5:58	5:55
2 Hr 40 Min								11:26	10:40	10:00	9:25	8:53	8:25	8:00	7:37	7:16	6:57	6:40	6:24	6:09	6:06
2 Hr 50 Min									11:20	10:38	10:00	9:27	8:57	8:30	8:06	7:44	7:23	7:05	6:48	6:32	6:29
3 Hr 0 Min									12:00	11:15	10:35	10:00	9:28	9:00	8:34	8:11	7:50	7:30	7:12	6:55	6:52
3 Hr 10 Min										11:53	11:11	10:33	10:00	9:30	9:03	8:38	8:16	7:55	7:36	7:18	7:15
3 Hr 20 Min											11:46	11:07	10:32	10:00	9:31	9:05	8:42	8:20	8:00	7:42	7:38
3 Hr 30 Min												11:40	11:03	10:30	10:00	9:33	9:08	8:45	8:24	8:05	8:01
3 Hr 40 Min													11:35	11:00	10:29	10:00	9:34	9:10	8:48	8:28	8:23
3 Hr 50 Min														11:30	10:57	10:27	10:00	9:35	9:12	8:51	8:46
4 Hr 0 Min														12:00	11:26	10:55	10:26	10:00	9:36	9:14	9:09