

5k Goal	Marathon Goal	Mile repeats	1000s	800s	400s	200s	Easy pace	Steady State pace	Tempo pace
16:13-17:14	2:38-2:48	5:22-5:40	3:18-3:29	2:34-2:44	1:11-1:20	:34-:37	6:40-7:42	6:40-5:57	5:57-5:41
17:15-18:04	2:48-2:56	5:38-5:56	3:28-3:40	2:42-2:53	1:15-1:24	:36-:39	8:04-7:00	7:00-6:15	6:15-5:57
18:05-18:53	2:56-3:04	5:54-6:14	3:38-3:50	2:50-3:01	1:18-1:28	:38-:41	8:27-7:20	7:20-6:32	6:32-6:15
18:54-19:42	3:04-3:12	6:10-6:31	3:48-4:01	2:57-3:09	1:22-1:32	:40-:43	8:50-7:40	7:40-6:50	6:50-6:32
19:43-20:32	3:12-3:20	6:27-6:48	3:58-4:11	3:05-3:17	1:25-1:36	:42-:45	9:13-8:00	8:00-7:08	7:08-6:49
20:33-21:21	3:20-3:28	6:43-7:05	4:08-4:22	3:13-3:26	1:29-1:40	:44-:47	9:36-8:20	8:20-7:26	7:26-7:06
21:22-22:16	3:29-3:37	6:59-7:22	4:18-4:32	3:21-3:34	1:32-1:44	:46-:49	10:00-8:40	8:40-7:44	7:44-7:23
22:17-23:05	3:37-3:45	7:15-7:39	4:27-4:43	3:28-3:42	1:36-1:48	:48-:51	10:23-9:00	9:00-8:02	8:02-7:40
23:06-23:55	3:45-3:53	7:31-7:56	4:37-4:53	3:36-3:50	1:40-1:52	:50-:53	10:46-9:20	9:20-8:20	8:20-7:57
23:56-24:44	3:53-4:01	7:47-8:13	4:47-5:04	3:44-3:59	1:43-1:56	:52-:55	11:09-9:40	9:40-8:37	8:37-8:14
24:45-25:33	4:01-4:09	8:03-8:30	4:57-5:14	3:51-4:07	1:47-2:00	:54-:57	11:32-10:00	10:00-8:55	8:55-8:31
25:34-26:29	4:09-4:18	8:20-8:47	5:07-5:24	3:59-4:15	1:50-2:05	:55-:58	11:55-10:20	10:20-9:13	9:13-8:48
26:30-27:18	4:18-4:26	8:36-9:04	5:17-5:35	4:07-4:23	1:54-2:09	:57-:60	12:18-10:40	10:40-9:31	9:31-9:05
27:19-28:07	4:26-4:34	8:52-9:21	5:27-5:45	4:15-4:31	1:57-2:13	:59-:62	12:41-11:00	11:00-9:49	9:49-9:22
28:08-28:56	4:34-4:42	9:08-9:38	5:37-5:56	4:22-4:40	2:01-2:17	:61-:64	13:04-11:20	11:20-10:07	10:07-9:39
28:57-29:46	4:42-4:50	9:24-9:55	5:47-6:06	4:30-4:48	2:05-2:21	:63-:66	13:27-11:40	11:40-10:25	10:25-9:56
29:47-30:41	4:51-4:59	9:40-10:12	5:57-6:17	4:38-4:56	2:08-2:25	:64-:67	13:50-12:00	12:00-10:42	10:42-10:13
30:42-31:30	4:59-5:07	9:56-10:29	6:07-6:27	4:46-5:04	2:12-2:29	:65-:68	14:13-12:20	12:20-11:00	11:00-10:30
31:31-32:20	5:07-5:15	10:12-10:46	6:17-6:38	4:53-5:13	2:15-2:33	:67-:70	14:36-12:40	12:40-11:18	11:18-10:47
32:21-33:09	5:15-5:23	10:29-11:03	6:27-6:48	5:01-5:21	2:19-2:37	:69-:72	15:00-13:00	13:00-11:36	11:36-11:04
33:10-33:58	5:23-5:31	10:45-11:20	6:37-6:59	5:09-5:29	2:22-2:41	:70-:73	15:23-13:20	13:20-11:54	11:54-11:21
33:59-34:54	5:32-5:40	11:01-11:37	6:46-7:09	5:17-5:37	2:26-2:45	:72-:75	15:46-13:40	13:40-12:12	12:12-11:38
34:55-35:43	5:40-5:48	11:17-11:54	6:56-7:20	5:24-5:46	2:30-2:49	:74-:77	16:09-14:00	14:00-12:30	12:30-11:55
35:44-36:32	5:48-5:56	11:33-12:11	7:06-7:30	5:32-5:54	2:33-2:53	:76-:79	16:32-14:20	14:20-12:47	12:47-12:12
36:33-37:21	5:56-6:04	11:49-12:29	7:16-7:41	5:40-6:02	2:37-2:57	:78-:81	16:55-14:40	14:40-13:05	13:05-12:30
Variance in ranges is based upon training mileage, distance of long runs, intensity/distance of tempo runs	TRACK WORKOUTS						Easy Recovery runs	Long run pace after 2 miles of easy pace	1/2 marathon race pace after 2-3 miles steady state pace