

TRACK WORKOUT PACE CHART

Mile Time Trial	Marathon				Half Marathon				10K				5K				Cruise 1000s (Average)
	per 1600	per 1000	per 400	per 100	per 1600	per 1000	per 400	per 100	per 1600	per 1000	per 400	per 100	per 1600	per 1000	per 400	per 100	
4:30	5:47	3:37	1:27	0:21	5:31	3:26	1:22	0:20	5:13	3:15	1:18	0:19	5:01	3:08	1:15	0:18	3:17
4:45	6:07	3:49	1:31	0:22	5:48	3:38	1:27	0:21	5:30	3:26	1:22	0:20	5:18	3:18	1:19	0:19	3:28
5:00	6:24	4:00	1:36	0:24	6:04	3:48	1:31	0:22	5:44	3:35	1:26	0:21	5:33	3:28	1:23	0:20	3:38
5:15	6:43	4:12	1:40	0:25	6:22	3:59	1:35	0:23	6:01	3:46	1:30	0:22	5:48	3:38	1:27	0:21	3:48
5:30	7:03	4:24	1:45	0:26	6:41	4:11	1:40	0:25	6:19	3:57	1:34	0:23	6:05	3:48	1:31	0:22	3:59
5:45	7:22	4:36	1:50	0:27	6:59	4:22	1:44	0:26	6:36	4:07	1:39	0:24	6:22	3:59	1:35	0:23	4:10
6:00	7:41	4:48	1:55	0:28	7:17	4:33	1:49	0:27	6:53	4:18	1:43	0:25	6:38	4:09	1:39	0:24	4:21
6:15	8:01	5:00	2:00	0:30	7:36	4:45	1:54	0:28	7:11	4:29	1:47	0:26	6:55	4:19	1:43	0:25	4:32
6:30	8:20	5:12	2:05	0:31	7:54	4:56	1:58	0:29	7:28	4:40	1:52	0:28	7:12	4:30	1:48	0:27	4:43
6:45	8:39	5:24	2:09	0:32	8:12	5:07	2:03	0:30	7:45	4:50	1:56	0:29	7:29	4:40	1:52	0:28	4:54
7:00	8:58	5:36	2:14	0:33	8:31	5:19	2:07	0:31	8:03	5:01	2:00	0:30	7:45	4:50	1:56	0:29	5:05
7:15	9:17	5:48	2:19	0:34	8:48	5:30	2:12	0:33	8:20	5:12	2:05	0:31	8:02	5:01	2:00	0:30	5:16
7:30	9:37	6:01	2:24	0:36	9:06	5:41	2:16	0:34	8:36	5:23	2:09	0:32	8:19	5:11	2:04	0:31	5:27
7:45	9:56	6:12	2:29	0:37	9:25	5:53	2:21	0:35	8:54	5:34	2:13	0:33	8:35	5:22	2:09	0:32	5:38
8:00	10:15	6:24	2:33	0:38	9:43	6:04	2:25	0:36	9:11	5:44	2:17	0:34	8:51	5:32	2:12	0:33	5:48
8:15	10:35	6:37	2:38	0:39	10:01	6:15	2:30	0:37	9:28	5:55	2:22	0:35	9:08	5:43	2:17	0:34	5:59
8:30	10:54	6:48	2:43	0:40	10:20	6:27	2:35	0:38	9:46	6:06	2:26	0:36	9:25	5:53	2:21	0:35	6:10
8:45	11:13	7:00	2:48	0:42	10:38	6:38	2:39	0:39	10:03	6:17	2:30	0:37	9:41	6:03	2:25	0:36	6:21
9:00	11:32	7:13	2:53	0:43	10:57	6:50	2:44	0:41	10:20	6:27	2:35	0:38	9:58	6:14	2:29	0:37	6:32
9:15	11:51	7:24	2:57	0:44	11:15	7:01	2:48	0:42	10:38	6:38	2:39	0:39	10:15	6:24	2:33	0:38	6:43
9:30	12:10	7:36	3:02	0:45	11:32	7:13	2:53	0:43	10:55	6:49	2:43	0:40	10:32	6:35	2:38	0:39	6:54
9:45	12:30	7:49	3:07	0:46	11:51	7:24	2:57	0:44	11:12	7:00	2:48	0:42	10:48	6:45	2:42	0:40	7:05
10:00	12:49	8:00	3:12	0:48	12:09	7:36	3:02	0:45	11:29	7:11	2:52	0:43	11:05	6:55	2:46	0:41	7:16
10:15	13:08	8:12	3:17	0:49	12:27	7:47	3:06	0:46	11:46	7:21	2:56	0:44	11:22	7:06	2:50	0:42	7:27
10:30	13:28	8:25	3:22	0:50	12:46	7:59	3:11	0:47	12:03	7:32	3:00	0:45	11:38	7:16	2:54	0:43	7:38
10:45	13:47	8:36	3:26	0:51	13:04	8:10	3:16	0:49	12:21	7:43	3:05	0:46	11:54	7:26	2:58	0:44	7:48
11:00	14:07	8:49	3:31	0:52	13:22	8:21	3:20	0:50	12:38	7:54	3:09	0:47	12:11	7:37	3:02	0:45	7:59
11:15	14:25	9:01	3:36	0:54	13:41	8:33	3:25	0:51	12:55	8:04	3:13	0:48	12:28	7:47	3:07	0:46	8:10
11:30	14:44	9:13	3:41	0:55	13:59	8:44	3:29	0:52	13:13	8:15	3:18	0:49	12:44	7:57	3:11	0:47	8:21
11:45	15:04	9:25	3:46	0:56	14:17	8:55	3:34	0:53	13:30	8:26	3:22	0:50	13:01	8:08	3:15	0:48	8:32
12:00	15:23	9:37	3:50	0:57	14:35	9:07	3:38	0:54	13:48	8:37	3:27	0:51	13:18	8:18	3:19	0:49	8:43