

## 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                   |