

Finish times								
Distance								
Mile	5:15	5:30	5:45	6:00	6:15	6:30	7:00	7:15
5K	17:28	18:17	19:07	19:57	20:47	21:37	23:17	24:07:00
10K	36:24:00	38:08:00	39:52:00	41:36:00	43:20:00	45:04:00	48:32:00	50:16:00
Half Marathon	1:20:19	1:24:08	1:27:58	1:31:47	1:35:37	1:39:26	1:47:05	1:50:55
Marathon	2:47:27	2:55:25	3:03:24	3:11:22	3:19:21	3:27:19	3:43:16	3:51:15
Training and Race Paces (minutes/ mile)								
Long run	7:30 - 8:29	7:49 - 8:51	8:08 - 9:12	8:27 - 9:33	8:46 - 9:54	9:05 - 10:15	9:42 - 10:56	10:00 - 11:16
5K	5:37	5:53	6:09	6:25	6:41	6:57	7:29	7:45
10k	5:51	6:08	6:24	6:41	6:58	7:15	7:48	8:05
half marathon	0:06:08	0:06:25	0:06:43	0:07:00	0:07:18	0:07:35	0:08:10	0:08:28
marathon	0:06:23	0:06:41	0:07:00	0:07:18	0:07:36	0:07:54	0:08:31	0:08:49
Track Workout Paces (Min:sec/ 400)								
Mile	1:18	1:22	1:26	1:30	1:33	1:37	1:45	1:48
5K	1:24	1:28	1:32	1:36	1:40	1:44	1:52	1:56
10K	1:27	1:32	1:36	1:40	1:44	1:48	1:57	2:01
Half	0:01:32	0:01:36	0:01:41	0:01:45	0:01:49	0:01:54	0:02:03	0:02:07
Marathon	0:01:36	0:01:40	0:01:45	0:01:49	0:01:54	0:01:59	0:02:08	0:02:12

Finish times							
Distance							
Mile	7:30	7:45	8:00	8:15	8:30	9:00	9:30
5K	24:56:00	25:46:00	26:36:00	27:26:00	28:16:00	29:56:00	31:36:00
10K	52:00:00	53:44:00	55:28:00	57:12:00	58:56:00	1:02:24	1:05:52
Half Marathon	1:54:44	1:58:34	2:02:23	2:06:13	2:10:02	2:17:41	2:25:20
Marathon	3:59:13	4:07:11	4:15:10	4:23:08	4:31:07	4:47:04	5:03:00
Training and Race							
Long run	10:18 - 11:36	10:36 - 11:55	10:54 - 12:15	11:11 - 12:34	11:29 - 12:54	12:04 - 13:32	12:38 - 14:09
5K	8:01	8:17	8:33	8:49	9:06	9:38	10:10
10k	8:22	8:38	8:55	9:12	9:29	0:10:04	0:10:37
half marathon	0:08:45	0:09:03	0:09:20	0:09:38	0:09:55	0:10:30	0:11:05
marathon	0:09:07	0:09:26	0:09:44	0:10:02	0:10:20	0:10:57	0:11:33
Track Workout P							
Mile	1:52	1:56	2:00	2:03	2:07	2:15	2:22
5K	2:00	2:04	2:08	2:12	2:16	2:24	2:32
10K	2:05	2:09	2:13	2:18	2:22	0:02:31	0:02:39
Half	0:02:11	0:02:16	0:02:20	0:02:24	0:02:29	0:02:38	0:02:46
Marathon	0:02:17	0:02:21	0:02:26	0:02:31	0:02:35	0:02:44	0:02:53

Finish times			
Distance			
Mile	10:00	11:00	12:00
5K	33:15:00	36:35:00	39:54:00
10K	1:09:20	1:16:16	1:23:12
Half Marathon	2:32:59	2:48:17	3:03:35
Marathon	5:18:57	5:50:51	6:22:45
Training and Race			
Long run	13:12 - 14:46	14:19 - 15:58	15:25 - 17:08
5K	10:42	11:46	12:50
10k	0:11:11	0:12:18	0:13:25
half marathon	0:11:40	0:12:50	0:14:00
marathon	0:12:10	0:13:23	0:14:36
Track Workout P			
Mile	2:30:00	2:45:00	3:00:00
5K	2:40	2:56	3:12
10K	0:02:48	0:03:05	0:03:21
Half	0:02:55	0:03:13	0:03:30
Marathon	0:03:02	0:03:21	0:03:39