

# RUNNING PACE CHART

Pacing (mins/mile)					
Recent/Goal Marathon Time	Easy	Marathon Pace	Tempo	Interval/5k Pace	Strides
2h45	7:10-7:55	6:10-6:20	5:50-6:00	5:30-5:45	95% effort
3h00	7:50-8:40	6:45-6:55	6:25-6:35	6:00-6:15	95% effort
3h15	8:25-9:15	7:20-7:30	6:50-7:05	6:30-6:45	95% effort
3h30	9:05-10:00	7:50-8:05	7:20-7:35	7:00-7:15	95% effort
3h45	9:40-10:35	8:25-8:40	7:55-8:10	7:30-7:45	95% effort
4h00	10:10-11:10	9:00-9:15	8:25-8:40	8:00-8:20	95% effort
4h15	10:35-11:35	9:35-9:55	8:50-9:05	8:20-8:50	95% effort
4h30	10:55-12:00	10:10-10:30	9:20-9:35	8:50-9:20	95% effort
5h00	11:40-12:45	11:15-11:45	10:30-10:50	9:50-10:20	95% effort
5h30	12:15-13:25	12:20-12:50	11:15-11:45	10:20-11:00	95% effort
6h00	12:50-14:05	13:30-14:00	12:00-12:30	11:00-11:50	95% effort

Pacing (mins/km)					
Recent/Goal Marathon Time	Easy	Marathon Pace	Tempo	Interval/5k Pace	Strides
2h45	4:27-4:55	3:50-3:56	3:37-3:44	3:25-3:34	95% effort
3h00	4:52-5:24	4:12-4:18	3:59-4:06	3:44-3:53	95% effort
3h15	5:13-5:45	4:34-4:40	4:15-4:24	4:02-4:12	95% effort
3h30	5:39-6:13	4:52-5:01	4:34-4:42	4:21-4:30	95% effort
3h45	6:00-6:34	5:14-5:24	4:55-5:04	4:40-4:49	95% effort
4h00	6:19-6:56	5:36-5:45	5:14-5:24	4:58-5:11	95% effort
4h15	6:34-7:12	5:57-6:10	5:29-5:39	5:11-5:29	95% effort
4h30	6:47-7:28	6:19-6:31	5:48-5:57	5:29-5:48	95% effort
5h00	7:15-7:54	7:00-7:18	6:31-6:43	6:06-6:25	95% effort
5h30	7:36-8:20	7:40-7:58	7:00-7:18	6:25-6:50	95% effort
6h00	7:58-8:45	8:24-8:41	7:28-7:46	6:50-7:22	95% effort

For the **best training plans** for 5k to ultra distance, check out **benparkes.com**

