

PACE CHART - minutes:seconds

Mile best	5k best / Avg pace	10k best / Avg pace	Tempo	Groups
5:00	17:05/5:30	35:45/5:45	6:05	1
5:30	18:45/6:00	39:00/6:15	6:35	1
6:00	20:15/6:30	42:00/6:45	7:05	1
6:30	22:00/7:05	45:45/7:20	7:40	2
7:00	23:45/7:40	49:00/7:55	8:15	2
7:30	25:15/8:05	52:30/8:25	8:50	2
8:00	27:00/8:40	55:50/9:00	9:25	3
8:30	28:30/9:10	59:00/9:30	9:55	3
9:00	30:00/9:40	62:30/10:00	10:30	3
9:30	31:45/10:15	66:00/10:35	11:00	3
10:00	33:00/10:40	69:00/11:05	11:35	3
10:30	35:00/11:15	72:00/11:35	12:00	4
11:00	36:15/11:40	75:00/12:00	12:35	4
11:30	38:00/12:15	78:30/12:35	13:00	4
12:00	39:30/12:15	81:30/13:05	13:35	4

MILE PACE (9 OUT OF 10 EFFORT)

This is the pace you could race or run hard for one mile.

5K PACE (7-8 OUT OF 10 EFFORT)

This is the pace you could race or run hard for about 3 miles.

10K PACE (6-7 OUT OF 10 EFFORT)

This is the pace you could race or run hard for about 6 miles.

TEMPO PACE (6 OUT OF 10 EFFORT)

Teaching your body to be comfortable being uncomfortable by maintaining a hard pace and effort that is close to 30-35 seconds slower than your 5K pace.