

Elite athletes do 70% to 90% of their training at an easy pace. They might do 20% at Tempo or Interval pace. They do some, but very little, at a faster pace. How can you run fast when so much of your running is at a slow pace? The answer is part "magic," part "that's how even world-record-holders train," and part "that's what the occasional faster runs are for"

For simplicity's sake, these tables provide only one training pace per runner. However, it should be understood that this is a midpoint pace - in the middle of the range of paces - and that somewhat faster and somewhat slower paces might be just as good as long as the runner feels relaxed and comfortable. A runner should aim for what feels easy and comfortable on the day. **Do NOT always aim for the fast end of the range.** No pace is gospel, it's just a guideline.

Use of the pace charts assumes the runner is using recent data and is aligned with their current fitness levels. Don't use data from 10 years ago, and don't begin with a future goal time. To do so increases risk of injury and/or overtraining.

One recommendation before beginning a 12-16 week training cycle for a goal race is to build a base of 50 hours of easy running that includes strides 1-2 times per week. This phase increases mitochondria density and extends the capillary network that will enhance the next phase of training.

Remember: you are where you are. Predictions for a future race time are best made with distances closer to the goal race distance. A 5k is a better predictor of a 10k than a marathon, and half marathon is better predictor of a marathon than a 5k.

Lactate Threshold Tempo - Maximum of 20 minutes steady, maximum of 30 minutes broken into 5:1 ratios (5:1 examples - 3x5 minutes [15 minutes tempo] where after each 5 minute run there is a 1 minute rest. OR 3x10 minutes [10 minute tempo] with 2 minutes rest after each 10 minutes)

Intervals (longer than 600 m) - Single rep must be 5:00 minutes or less (so 800, 1000, 1200, mile not applicable if over 5:00 minutes)
Total amount of work should max out at 15 to 20 minutes. Recovery duration should be 50% to 90% of repetition duration.

Intervals (600 m & shorter) - Single rep must be 2:00 minutes or less (so 400m, 600m not applicable if over 2:00 minutes)
Total amount of work should max out at 15 to 20 minutes. Recovery duration should be 2 to 3 times as long as the repetition.

Race Finish Times - Use Recent Race Results then use the columns on the right to determine training paces.

Training Pace for workouts - see guidelines above for maximum durations at each pace. Easy/long pace should make up 80% - 90% of your weekly training duration.

	5k	10k	13.1	26.2	Easy/Long	Lactate Threshold Tempo	Intervals longer than 600 m	Intervals 600m and shorter
Time	0:14:00	0:29:06	1:04:48	2:16:42				
Pace	0:04:31	0:04:41	0:04:56	0:05:13	0:05:52	0:04:52	0:04:25	0:04:03
Time	0:14:30	0:30:09	1:07:07	2:21:35				
Pace	0:04:40	0:04:51	0:05:07	0:05:24	0:06:05	0:05:03	0:04:35	0:04:12
Time	0:15:00	0:31:11	1:09:26	2:26:28				
Pace	0:04:50	0:05:01	0:05:18	0:05:35	0:06:17	0:05:14	0:04:44	0:04:21
Time	0:15:30	0:32:13	1:11:45	2:31:21				
Pace	0:05:00	0:05:11	0:05:29	0:05:47	0:06:30	0:05:24	0:04:54	0:04:30
Time	0:16:00	0:33:16	1:14:04	2:36:13				
Pace	0:05:10	0:05:22	0:05:39	5:58:00	0:06:43	0:05:34	0:05:03	0:04:39
Time	0:16:30	0:34:18	1:16:23	2:41:06				
Pace	0:05:19	0:05:32	0:05:49	0:06:08	0:06:55	0:05:44	0:05:13	0:04:47
Time	0:17:00	0:35:21	1:18:42	2:45:59				
Pace	0:05:29	0:05:42	0:06:00	0:06:20	0:07:08	0:05:55	0:05:22	0:04:56
Time	0:17:30	0:36:23	1:21:00	2:50:52				
Pace	0:05:38	0:05:52	0:06:11	0:06:31	0:07:20	0:06:05	0:05:31	0:05:04
Time	0:18:00	0:37:25	1:23:19	2:55:45				
Pace	0:05:48	0:06:02	0:06:21	0:06:42	0:07:33	0:06:16	0:05:41	0:05:13
Time	0:18:30	0:38:28	1:25:38	3:00:38				
Pace	0:05:58	0:06:12	0:06:32	0:06:32	0:07:45	0:06:32	0:05:50	0:05:22
Time	0:19:00	0:39:30	1:27:57	3:05:31				
Pace	0:06:07	0:06:22	0:06:42	0:07:04	0:07:51	0:06:33	0:06:00	0:05:31
Time	0:19:30	0:40:32	1:30:16	3:10:24				
Pace	0:06:17	0:06:32	0:06:53	0:07:16	0:08:03	0:06:43	0:06:09	0:05:39
Time	0:20:00	0:41:35	1:32:35	3:15:17				
Pace	0:06:27	0:06:42	0:07:04	0:07:27	0:08:15	0:06:54	0:06:19	0:05:48

Race Finish Times - Use Recent Race Results then use the columns on the right to determine training paces.

Training Pace for workouts - see guidelines above for maximum durations at each pace. Easy/long pace should make up 80% - 90% of your weekly training duration.

	5k	10k	13.1	26.2	Easy/Long	Lactate Threshold Tempo	Intervals longer than 600 m	Intervals 600m and shorter
Time	0:20:30	0:42:37	1:34:54	3:20:10				
Pace	0:06:37	0:06:52	0:07:15	0:07:38	0:08:28	0:07:04	0:06:28	0:05:57
Time	0:21:00	0:43:40	1:37:13	3:25:03				
Pace	0:06:46	0:07:03	0:07:25	0:07:50	0:08:40	0:07:14	0:06:38	0:06:05
Time	0:21:30	0:44:42	1:39:31	3:29:56				
Pace	0:06:56	0:07:13	0:07:36	0:08:01	0:08:53	0:07:25	0:06:47	0:06:14
Time	0:22:00	0:45:44	1:41:50	3:34:48				
Pace	0:07:06	0:07:23	0:07:46	0:08:12	0:09:05	0:07:35	0:06:57	0:06:23
Time	0:22:30	0:46:47	1:44:09	3:39:41				
Pace	0:07:15	0:07:33	0:07:57	0:08:23	0:09:17	0:07:46	0:07:06	0:06:31
Time	0:23:00	0:47:49	1:46:28	3:44:34				
Pace	0:07:25	0:07:43	0:08:08	0:08:34	0:09:30	0:07:56	0:07:16	0:06:40
Time	0:23:30	0:48:51	1:48:47	3:49:27				
Pace	0:07:35	0:07:53	0:08:18	0:08:45	0:09:42	0:08:06	0:07:25	0:06:49
Time	0:24:00	0:49:54	1:51:06	3:54:20				
Pace	0:07:45	0:08:03	0:08:29	0:08:57	0:09:45	0:08:12	0:07:35	0:06:58
Time	0:24:30	0:50:56	1:53:25	3:59:13				
Pace	0:07:54	0:08:13	0:08:39	0:09:08	0:09:57	0:08:22	0:07:44	0:07:06
Time	0:25:00	0:51:58	1:55:43	4:04:06				
Pace	0:08:04	0:08:23	0:08:50	0:09:19	0:10:10	0:08:33	0:07:54	0:07:15
Time	0:25:30	0:53:01	1:58:02	4:08:59				
Pace	0:08:14	0:08:33	0:09:01	0:09:30	0:10:22	0:08:43	0:08:04	0:07:24
Time	0:26:00	0:54:03	2:00:21	4:13:52				
Pace	0:08:23	0:08:43	0:09:11	0:09:41	0:10:34	0:08:53	0:08:13	0:07:32
Time	0:26:30	0:55:06	2:02:40	4:18:45				
Pace	0:08:33	0:08:53	0:09:22	0:09:53	0:10:46	0:09:03	0:08:23	0:07:42

Race Finish Times - Use Recent Race Results then use the columns on the right to determine training paces.

Training Pace for workouts - see guidelines above for maximum durations at each pace. Easy/long pace should make up 80% - 90% of your weekly training duration.

	5k	10k	13.1	26.2	Easy/Long	Lactate Threshold Tempo	Intervals longer than 600 m	Intervals 600m and shorter
Time	0:27:00	0:56:08	2:04:59	4:23:38				
Pace	0:08:43	0:09:03	0:09:32	0:10:04	0:10:58	0:09:14	0:08:32	0:07:50
Time	0:27:30	0:57:10	2:07:18	4:28:31				
Pace	0:08:52	0:09:13	0:09:43	0:10:15	0:11:11	0:09:24	0:08:42	0:07:59
Time	0:28:00	0:58:13	2:09:37	4:33:24				
Pace	0:09:02	0:09:23	0:09:54	0:10:26	0:11:23	0:09:34	0:08:51	0:08:07
Time	0:28:30	0:59:15	2:11:56	4:38:16				
Pace	0:09:12	0:09:33	0:10:04	0:10:37	0:11:35	0:09:44	0:09:00	0:08:16
Time	0:29:00	1:00:17	2:14:14	4:43:09				
Pace	0:09:21	0:09:43	0:10:15	0:10:48	0:11:36	0:09:49	0:09:10	0:08:25
Time	0:29:30	1:01:20	2:16:33	4:48:02				
Pace	0:09:31	0:09:54	0:10:25	0:11:00	0:11:48	0:09:59	0:09:20	0:08:34
Time	0:30:00	1:02:22	2:18:52	4:52:55				
Pace	0:09:41	0:10:04	0:10:36	0:11:11	0:12:00	0:10:09	0:09:29	0:08:42
Time	0:30:30	1:03:25	2:21:11	4:57:48				
Pace	0:09:50	0:10:14	0:10:47	0:11:22	0:12:12	0:10:20	0:09:39	0:08:51
Time	0:31:00	1:04:27	2:23:30	5:02:41				
Pace	0:10:00	0:10:24	0:10:57	0:11:33	0:12:24	0:10:30	0:09:48	0:09:00
Time	0:31:30	1:05:29	2:25:49	5:07:34				
Pace	0:10:10	0:10:34	0:11:08	0:11:44	0:12:36	0:10:40	0:09:57	0:09:08
Time	0:32:00	1:06:31	2:28:08	5:12:27				
Pace	0:10:19	0:10:44	0:11:18	0:11:56	0:12:48	0:10:50	0:10:06	0:09:17
Time	0:32:30	1:07:33	2:30:27	5:17:20				
Pace	0:10:29	0:10:54	0:11:29	0:12:07	0:13:00	0:11:01	0:10:16	0:09:25
Time	0:33:00	1:08:35	2:32:46	5:22:13				
Pace	0:10:38	0:11:04	0:11:40	0:12:18	0:13:12	0:11:11	0:10:25	0:09:34

Race Finish Times - Use Recent Race Results then use the columns on the right to determine training paces.

Training Pace for workouts - see guidelines above for maximum durations at each pace. Easy/long pace should make up 80% - 90% of your weekly training duration.

	5k	10k	13.1	26.2	Easy/Long	Lactate Threshold Tempo	Intervals longer than 600 m	Intervals 600m and shorter
Time	0:33:30	1:09:37	2:35:05	5:27:06				
Pace	0:10:48	0:11:14	0:11:50	0:12:29	0:13:24	0:11:21	0:10:35	0:09:43
Time	0:34:00	1:10:39	2:37:24	5:31:59				
Pace	0:10:58	0:11:24	0:12:01	0:12:40	0:13:36	0:11:31	0:10:44	0:09:51
Time	0:34:30	1:11:41	2:39:43	5:36:52				
Pace	0:11:08	0:11:34	0:12:12	0:12:51	0:13:48	0:11:42	0:10:54	0:10:00
Time	0:35:00	1:12:43	2:42:02	5:41:45				
Pace	0:11:17	0:11:44	0:12:22	0:13:03	0:14:00	0:11:51	0:11:03	0:10:09
Time	0:35:30	1:13:45	2:44:21	5:46:38				
Pace	0:11:27	0:11:54	0:12:33	0:13:14	0:14:12	0:12:01	0:11:13	0:10:17
Time	0:36:00	1:14:47	2:46:40	5:51:31				
Pace	0:11:37	0:12:04	0:12:43	0:13:25	0:14:24	0:12:11	0:11:22	0:10:26
Time	0:36:30	1:15:49	2:48:59	5:56:24				
Pace	0:11:46	0:12:14	0:12:54	0:13:36	0:14:36	0:12:22	0:11:32	0:10:35
Time	0:37:00	1:16:51	2:51:18	6:01:17				
Pace	0:11:56	0:12:24	0:13:05	0:13:47	0:14:48	0:12:32	0:11:41	0:10:43
Time	0:37:30	1:17:53	2:53:37	6:06:10				
Pace	0:12:06	0:12:34	0:13:15	0:13:59	0:15:00	0:12:42	0:11:51	0:10:52
Time	0:38:00	1:18:55	2:55:56	6:11:03				
Pace	0:12:15	0:12:44	0:13:26	0:14:10	0:15:12	0:12:52	0:12:00	0:11:01
Time	0:38:30	1:19:57	2:58:15	6:15:56				
Pace	0:12:25	0:12:54	0:13:36	0:14:21	0:15:24	0:13:03	0:12:10	0:11:09
Time	0:39:00	1:20:59	3:00:34	6:20:49				
Pace	0:12:35	0:13:04	0:13:47	0:14:32	0:15:36	0:13:13	0:12:19	0:11:18
Time	0:39:30	1:22:01	3:02:53	6:25:42				
Pace	0:12:45	0:13:14	0:13:58	0:14:43	0:15:48	0:13:23	0:12:28	0:11:27

Race Finish Times - Use Recent Race Results then use the columns on the right to determine training paces.

Training Pace for workouts - see guidelines above for maximum durations at each pace. Easy/long pace should make up 80% - 90% of your weekly training duration.

	5k	10k	13.1	26.2	Easy/Long	Lactate Threshold Tempo	Intervals longer than 600 m	Intervals 600m and shorter
Time	0:40:00	1:23:03	3:05:12	6:30:35				
Pace	0:12:54	0:13:24	0:14:08	0:14:54	0:16:00	0:13:33	0:12:38	0:11:35
Time	0:40:30	1:24:05	3:07:31	6:35:28				
Pace	0:13:04	0:13:34	0:14:19	0:15:06	0:16:12	0:13:44	0:12:47	0:11:44
Time	0:41:00	1:25:07	3:09:50	6:40:21				
Pace	0:13:14	0:13:44	0:14:29	0:15:17	0:16:24	0:13:54	0:12:57	0:11:53
Time	0:41:30	1:26:09	3:12:09	6:45:14				
Pace	0:13:23	0:13:54	0:14:40	0:15:28	0:16:36	0:14:04	0:13:06	0:12:01
Time	0:42:00	1:27:11	3:14:28	6:50:07				
Pace	0:13:33	0:14:04	0:14:51	0:15:39	0:16:48	0:14:15	0:13:16	0:12:10
Time	0:42:30	1:28:13	3:16:47	6:55:00				
Pace	0:13:43	0:14:14	0:15:01	0:15:50	0:17:00	0:14:25	0:13:25	0:12:19
Time	0:43:00	1:29:15	3:19:06	6:59:53				
Pace	0:13:52	0:14:24	0:15:12	0:16:02	0:17:12	0:14:35	0:13:35	0:12:27
Time	0:43:30	1:30:17	3:21:25	7:04:46				
Pace	0:14:02	0:14:34	0:15:23	0:16:13	0:17:24	0:14:45	0:13:44	0:12:36
Time	0:44:00	1:31:19	3:23:44	7:09:39				
Pace	0:14:12	0:14:44	0:15:33	0:16:24	0:17:36	0:14:56	0:13:54	0:12:45
Time	0:44:30	1:32:21	3:26:03	7:14:32				
Pace	0:14:21	0:14:54	0:15:44	0:16:35	0:17:48	0:15:06	0:14:03	0:12:53
Time	0:45:00	1:33:23	3:28:22	7:19:25				
Pace	0:14:31	0:15:04	0:15:54	0:16:46	0:18:00	0:15:16	0:14:13	0:13:02
Time	0:45:30	1:34:25	3:30:41	7:24:18				
Pace	0:14:41	0:15:14	0:16:05	0:16:57	0:18:12	0:15:26	0:14:22	0:13:11
Time	0:46:00	1:35:27	3:33:00	7:29:11				
Pace	0:14:50	0:15:24	0:16:16	0:17:09	0:18:24	0:15:37	0:14:32	0:13:19

Race Finish Times - Use Recent Race Results then use the columns on the right to determine training paces.

Training Pace for workouts - see guidelines above for maximum durations at each pace. Easy/long pace should make up 80% - 90% of your weekly training duration.

	5k	10k	13.1	26.2	Easy/Long	Lactate Threshold Tempo	Intervals longer than 600 m	Intervals 600m and shorter
Time	0:46:30	1:36:29	3:35:19	7:34:04				
Pace	0:15:00	0:15:34	0:16:26	0:17:20	0:18:36	0:15:47	0:14:41	0:13:28
Time	0:47:00	1:37:31	3:37:38	7:38:57				
Pace	0:15:10	0:15:44	0:16:37	0:17:31	0:18:48	0:15:57	0:14:50	0:13:37
Time	0:47:30	1:38:33	3:39:57	7:43:50				
Pace	0:15:19	0:15:54	0:16:47	0:17:42	0:19:00	0:16:07	0:15:00	0:13:45
Time	0:48:00	1:39:35	3:42:16	7:48:43				
Pace	0:15:29	0:16:04	0:16:58	0:17:53	0:19:12	0:16:18	0:15:09	0:13:54
Time	0:48:30	1:40:37	3:44:35	7:53:36				
Pace	0:15:39	0:16:14	0:17:09	0:18:05	0:19:24	0:16:28	0:15:19	0:14:03
Time	0:49:00	1:41:39	3:46:54	7:58:29				
Pace	0:15:48	0:16:24	0:17:19	0:18:16	0:19:36	0:16:38	0:15:28	0:14:11
Time	0:49:30	1:42:41	3:49:13	8:03:22				
Pace	0:15:58	0:16:34	0:17:30	0:18:27	0:19:48	0:16:48	0:15:38	0:14:20
Time	0:50:00	1:43:43	3:51:32	8:08:15				
Pace	0:16:08	0:16:44	0:17:40	0:18:38	0:20:00	0:16:59	0:15:47	0:14:29