

WORKOUT PACE CHART

ATHLETE Current Mile Time Is	ATHLETE Current 5km Time Is	ATHLETE Current 10km Time Is	Recovery Pace Will Result In a 60% to 65% Effort for Each Mile	Endurance Pace Will Result In a 70% to 75% Effort for Each Mile	Tempo Run Pace Will Result In a 80% to 85% Effort for Each Mile	Track Interval Pace Will Result In a 90% to 95% Effort for Each 400m	Speed Pace Will Result In a 95% to 100% Effort for Each 100m
03:45	13:00	27:00	05:51	05:30	04:42	01:01.9	00:13.0
03:54	13:29	28:00	06:03	05:42	04:52	01:04.1	00:13.4
04:02	13:58	29:00	06:15	05:53	05:02	01:06.2	00:13.8
04:11	14:27	30:00	06:27	06:05	05:11	01:08.3	00:14.2
04:20	14:56	31:00	06:40	06:16	05:21	01:10.5	00:14.6
04:28	15:25	32:00	06:52	06:28	05:31	01:12.6	00:15.1
04:37	15:54	33:00	07:04	06:39	05:41	01:14.8	00:15.6
04:46	16:23	34:00	07:16	06:51	05:51	01:16.9	00:16.0
04:54	16:52	35:00	07:28	07:02	06:00	01:19.1	00:16.5
05:03	17:21	36:00	07:40	07:14	06:10	01:21.2	00:16.9
05:12	17:49	37:00	07:52	07:25	06:20	01:23.3	00:17.4
05:21	18:18	38:00	08:04	07:36	06:30	01:25.5	00:17.8
05:29	18:47	39:00	08:16	07:48	06:39	01:27.6	00:18.3
05:38	19:16	40:00	08:28	07:59	06:49	01:29.7	00:18.7
05:47	19:45	41:00	08:40	08:10	06:59	01:31.8	00:19.1
05:56	20:14	42:00	08:52	08:21	07:09	01:33.9	00:19.6
06:04	20:43	43:00	09:03	08:32	07:18	01:36.1	00:20.0
06:13	21:11	44:00	09:15	08:43	07:28	01:38.2	00:20.5
06:22	21:41	45:00	09:27	08:54	07:37	01:40.3	00:20.9
06:31	22:10	46:00	09:38	09:05	07:47	01:42.5	00:21.4
06:39	22:38	47:00	09:50	09:16	07:56	01:44.6	00:21.8
06:48	23:07	48:00	10:01	09:27	08:06	01:46.7	00:22.2
06:57	23:36	49:00	10:13	09:38	08:15	01:48.8	00:22.6
07:06	24:05	50:00	10:24	09:49	08:25	01:50.9	00:23.1
07:15	24:34	51:00	10:35	10:00	08:34	01:52.9	00:23.5
07:23	25:03	52:00	10:46	10:10	08:44	01:55.0	00:24.0
07:32	25:32	53:00	10:58	10:21	08:53	01:57.1	00:24.4
07:41	26:01	54:00	11:09	10:32	09:02	01:59.1	00:24.8
07:50	26:30	55:00	11:20	10:42	09:12	02:02.4	00:25.5
07:59	26:59	56:00	11:31	10:53	09:21	02:03.3	00:25.7
08:07	27:28	57:00	11:42	11:03	09:30	02:05.3	00:26.1
08:16	27:56	58:00	11:52	11:13	09:39	02:07.4	00:26.5
08:25	28:25	59:00	12:03	11:24	09:48	02:09.4	00:27.0
08:34	28:54	60:00	12:14	11:34	09:57	02:11.4	00:27.4