

Pace Chart

Mile Best	Endurance		Stamina		Speed				Sprint			4k/pace	5k/pace	2mi./pace
	Long Runs	Easy Runs	Tempo	Interval	400	800	1000	1600	100	200	400			
4:10	5:53-6:53	5:53-6:23	4:53-5:06	4:49-4:59	62-67	2:06-2:18	2:45-2:56	4:31-4:47	13-15	27-30	56-63		14:26/4:39	
4:20	6:05-7:05	6:05-6:35	5:05-5:18	5:01-5:11	64-69	2:11-2:24	2:52-3:03	4:42-4:58	13-15	27-31	58-66		15:01/4:50	
4:30	6:18-7:18	6:18-6:48	5:17-5:30	5:12-5:23	67-72	2:16-2:29	2:58-3:10	4:53-5:10	14-16	29-33	60-68		15:35/5:01	9:36/4:48
4:40	6:31-7:31	6:31-7:01	5:28-5:43	5:24-5:35	69-75	2:22-2:35	3:05-3:17	5:04-5:21	14-17	30-34	63-71		16:10/5:12	9:57/4:58
4:50	6:44-7:44	6:44-7:14	5:40-5:55	5:35-5:47	72-77	2:27-2:40	3:12-3:24	5:14-5:33	15-17	31-35	65-73	13:07/5:16	16:45/5:23	10:18/5:09
5:00	6:57-7:57	6:57-7:27	5:52-6:07	5:47-5:59	74-80	2:32-2:46	3:18-3:31	5:25-5:44	15-18	32-36	67-76	13:34/5:27	17:19/5:35	10:40/5:20
5:10	7:10-8:10	7:10-7:40	6:03-6:19	5:58-6:11	77-80	2:37-2:51	3:25-3:38	5:36-5:56	16-18	33-37	69-78	14:01/5:38	17:54/5:46	11:01/5:30
5:20	7:23-8:23	7:23-7:53	6:15-6:31	6:10-6:23	79-82	2:42-2:57	3:31-3:45	5:47-6:07	16-19	34-39	72-81	14:28/5:49	18:29/5:57	11:22/5:41
5:30	7:36-8:36	7:36-8:06	6:27-6:44	6:22-6:35	82-88	2:47-3:03	3:38-3:52	5:58-6:19	17-19	35-40	74-84	14:55/6:00	19:03/6:08	11:44/5:52
5:40	7:49-8:49	7:49-8:19	6:39-6:56	6:33-6:47	84-91	2:52-3:08	3:45-3:59	6:09-6:30	17-20	36-41	76-86	15:22/6:11	19:38/6:19	12:05/6:02
5:50	8:02-9:02	8:02-8:32	6:50-7:08	6:45-6:59	87-93	2:57-3:05	3:51-4:02	6:20-6:42	18-20	37-42	78-88	15:50/6:22	20:13/6:30	12:26/6:13
6:00	8:14-9:14	8:14-8:44	7:02-7:20	6:56-7:11	89-96	3:02-3:19	3:58-4:14	6:30-6:53	18-21	38-43	82-91	16:17/6:33	20:47/6:41	12:48/6:24
6:10	8:27-9:27	8:27-8:57	7:14-7:33	7:09-7:23	1:31-1:39	3:07-3:25	4:05-4:20	6:41-7:05	19-22	39-44	83-93	16:44/6:44	21:22/6:53	13:09/6:34
6:20	8:40-9:40	8:40-9:10	7:25-7:45	7:19-7:35	1:34-1:41	3:12-3:30	4:11-4:27	6:52-7:16	19-22	40-45	85-96	17:11/6:54	21:56/7:04	13:30/6:45
6:30	8:53-9:53	8:53-9:23	7:37-7:57	7:31-7:47	1:36-1:44	3:17-3:36	4:18-4:34	7:03-7:28	20-23	41-47	1:27-1:38	17:38/7:05	22:31/7:15	13:52/6:56
6:40	9:06-10:06	9:06-9:36	7:49-8:09	7:43-7:59	1:39-1:47	3:22-3:41	4:24-4:41	7:14-7:39	20-23	42-48	1:30-1:41	18:05/7:16	23:06/7:26	14:13/7:06
6:50	9:19-10:19	9:19-9:49	8:01-8:22	7:54-8:11	1:41-1:49	3:27-3:47	4:31-4:48	7:25-7:51	21-24	43-49	1:32-1:44	18:32/7:27	23:40/7:37	14:34/7:17
7:00	9:32-10:32	9:32-10:02	8:12-8:34	8:06-8:23	1:44-1:52	3:33-3:52	4:38-4:55	7:36-8:02	21-24	45-50	1:34-1:46	19:00/7:38	24:15/7:48	14:56/7:28
7:10	9:54-10:45	9:45-10:15	8:24-8:46	8:17-8:34	1:46-1:55	3:38-3:58	4:44-5:03	7:46-8:14	22-25	46-52	1:37-1:49	19:27/7:49	24:50/8:00	15:17/7:38
7:20	9:58-10:58	9:58-10:28	8:36-8:58	8:29-8:46	1:49-1:58	3:43-4:03	4:51-5:10	7:57-8:25	22-26	47-53	1:39-1:51	19:54/8:00	25:24/8:11	15:38/7:49
7:30	10:11-11:11	10:11-10:41	8:48-9:10	8:40-8:58	1:51-2:00	3:48-4:09	4:58-5:17	8:08-8:37	23-26	48-54	1:41-1:54	20:21/8:11	25:59/9:00	16:00/8:00
7:40	10:23-11:23	10:23-10:53	8:59-9:23	8:52-9:10	1:54-2:03	3:53-4:15	5:04-5:24	8:19-8:48	23-27	49-55	1:43-1:56	20:48/8:22	26:34/8:33	16:21/8:10
7:50	10:36-11:36	10:36-11:06	9:11-9:35	9:03-9:22	1:56-2:06	3:58-4:20	5:11-5:31	8:30-9:00	24-27	50-56	1:46-1:59	21:15/8:33	27:08/8:44	16:42/8:21
8:00	10:49-11:49	10:49-11:19	9:23-9:47	9:15-9:34	1:59-2:08	4:03-4:26	5:17-5:38	8:41-9:11	24-28	51-58	1:48-2:01	21:42/8:41	27:43/8:55	17:04/8:32
8:10	11:02-12:02	11:02-11:32	9:34-9:59	9:27-9:46	2:01-2:11	4:08-4:31	5:24-5:45	8:42-9:23	25-29	52-59	1:50-2:04	22:10/8:55	28:18/9:06	17:25/8:42