

TRAINING PACE GUIDE BASED ON 5K RACE TIMES (Pace per mile)

5k RACE TIME	RECOVERY	DISTANCE RUN	Half marathon tempo pace	60 min tempo pace	10K	5K	3K	1MILE
18:00	8:15-9:55	7:30-8:40	6:15-6:20	6:10-6:18	5:54-6:02	5:46-5:44	5:30-5:38	5:14-5:22
19:00	8:40-10:25	7:55-9:05	6:35-6:40	6:26-6:34	6:18-6:26	6:02-6:10	5:54-6:10	5:30-5:38
20:00	9:10-10:55	8:15-9:35	6:55-7:00	6:42-6:50	6:34-6:42	6:26-6:26	6:10-6:18	5:46-5:54
21:00	9:35-11:25	8:40-10:00	7:15-7:20	7:06-7:15	6:58-7:06	6:42-6:50	6:26-6:34	6:02-6:10
22:00	10:00-11:55	9:05-10:25	7:35-7:40	7:23-7:31	7:15-7:23	6:58-7:06	6:50-6:58	6:18-6:26
23:00	10:25-12:25	9:25-10:55	7:55-8:00	7:47-7:55	7:39-7:47	7:23-7:31	7:06-7:14	6:42-6:50
24:00	10:50-12:55	9:50-11:20	8:15-8:20	8:03-8:11	7:55-8:03	7:39-7:47	7:22-7:31	6:58-7:10
25:00	11:15-13:25	10:05-11:35	8:35-8:40	8:19-8:27	8:19-8:27	8:03-8:03	7:47-7:55	7:14-7:22
26:00	11:40-13:50	10:25-11:45	8:50-8:55	8:43-8:51	8:35-8:43	8:19-8:27	8:03-8:11	7:31-7:39
27:00	12:00-14:15	10:45-12:10	9:10-9:15	8:59-9:07	8:59-9:07	8:35-8:43	8:19-8:27	7:47-7:55
28:00	12:25-14:40	11:10-12:50	9:30-9:35	9:23-9:31	9:15-9:23	8:59-9:07	8:43-8:51	8:03-8:11
29:00	12:45-15:05	11:30-13:00	9:50-9:55	9:39-9:47	9:39-9:47	9:15-9:23	8:59-9:07	8:27-8:35
30:00	13:10-15:30	11:55-13:25	10:05-10:10	9:55-10:04	9:55-10:04	9:39-9:39	9:15-9:23	8:43-8:51
31:00	13:30-15:55	12:15-13:30	10:25-10:30	10:20-10:28	10:20-10:28	9:55-10:04	9:39-9:47	8:59-9:07
32:00	13:55-16:20	12:40-14:15	10:45-10:50	10:36-10:44	10:36-10:44	10:12-10:20	9:55-10:03	9:15-9:23
33:00	14:15-16:45	13:00-14:40	11:05-11:10	10:52-11:00	11:00-11:08	10:36-10:44	10:11-10:19	9:31-9:39
34:00	14:40-17:10	13:25-15:05	11:20-11:25	11:16-11:24	11:16-11:24	10:52-11:00	10:36-10:44	9:55-10:03
35:00	15:00-17:45	13:45-15:30	11:40-11:45	11:32-11:40	11:40-11:48	11:16-11:16	10:52-11:00	10:11-10:19

TRACK TIME PER 400M BASED ON 5K RACE TIME

5K TIME	5k PACE	3k PACE	Mile/1500 PACE
18:00	1:26-1:28	1:22-1:24	1:18-1:20
19:00	1:30-1:32	1:28-1:30	1:22-1:24
20:00	1:36-1:36	1:32-1:34	1:26-1:28
21:00	1:40-1:42	1:36-1:38	1:30-1:32
22:00	1:44-1:46	1:42-1:44	1:34-1:36
23:00	1:50-1:52	1:46-1:48	1:40-1:42
24:00	1:54-1:56	1:50-1:52	1:44-1:47
25:00	2:00-2:00	1:56-1:58	1:48-1:50
26:00	2:04-2:06	2:00-2:02	1:52-1:54
27:00	2:08-2:10	2:04-2:06	1:56-1:58
28:00	2:14-2:16	2:10-2:12	2:00-2:02
29:00	2:18-2:20	2:14-2:16	2:06-2:08
30:00	2:24-2:24	2:18-2:20	2:10-2:12
31:00	2:28-2:30	2:24-2:26	2:14-2:16
32:00	2:32-2:34	2:28-2:30	2:18-2:20
33:00	2:38-2:40	2:32-2:34	2:22-2:24
34:00	2:42-2:44	2:38-2:40	2:28-2:30
35:00	2:48-2:48	2:42-2:44	2:32-2:34