



Pace Chart

Use this as a *general* guide to help you set goals throughout the program and for race day.

10K Pace Chart							
Pace/ Minutes per Mile	Mile 1	Mile 2	Mile 3	Mile 4	Mile 5	Mile 6	Finish
5:00	5:00	10:00	15:00	20:00	25:00	30:00	31:04
5:30	5:30	11:00	16:30	22:00	27:30	33:00	34:10
6:00	6:00	12:00	18:00	24:00	30:00	36:00	37:17
6:30	6:30	13:00	19:30	26:00	32:30	39:00	40:23
7:00	7:00	14:00	21:00	28:00	35:00	42:00	43:23
7:30	7:30	15:00	22:30	30:00	37:30	45:00	46:36
8:00	8:00	16:00	24:00	32:00	40:00	48:00	49:43
8:30	8:30	17:00	25:30	34:00	42:30	51:00	52:49
9:00	9:00	18:00	27:00	36:00	45:00	54:00	55:55
9:30	9:30	19:00	28:30	38:00	47:30	57:00	59:02
10:00	10:00	20:00	30:00	40:00	50:00	1:00:00	1:02:08
10:30	10:30	21:00	31:30	42:00	52:30	1:03:00	1:05:15
11:00	11:00	22:00	33:00	44:00	55:00	1:06:00	1:08:21
11:30	11:30	23:00	34:30	46:00	57:30	1:09:00	1:11:27
12:00	12:00	24:00	36:00	48:00	1:00:00	1:12:00	1:14:34
12:30	12:30	25:00	37:30	50:00	1:02:30	1:15:00	1:17:40
13:00	13:00	26:00	39:00	52:00	1:05:00	1:18:00	1:20:47
13:30	13:30	27:00	40:30	54:00	1:07:30	1:21:00	1:23:53
14:00	14:00	28:00	42:00	56:00	1:10:00	1:24:00	1:26:59
14:30	14:30	29:00	43:30	58:00	1:12:30	1:27:00	1:30:06
15:00	15:00	30:00	45:00	1:00:00	1:15:00	1:30:00	1:33:12
15:30	15:30	31:00	46:30	1:02:00	1:17:30	1:33:00	1:36:19
16:00	16:00	32:00	48:00	1:04:00	1:20:00	1:36:00	1:39:25
17:00	17:00	34:00	51:00	1:08:00	1:25:00	1:42:00	1:45:40
18:00	18:00	36:00	54:00	1:12:00	1:30:00	1:48:00	1:52:59
19:00	19:00	38:00	57:00	1:16:00	1:35:00	1:54:00	1:58:20
20:00	20:00	40:00	1:00:00	1:20:00	1:40:00	2:00:00	2:04:00