

PACE CHART

Successful running is all about pace judgment. The best tactic is the “negative splits”, where you establish a goal time & then work out a pacing plan that has you running slightly slower in the first half and faster in the second half. Starting slower burns less fuel, which means you save valuable glycogen stores for when they are needed late in the race. Use this pace chart to work out your goal splits for race day.

1km	5km	10km	15km	20km	21.1km
3.05	15.23	30.46	46.08	1:01.31	1:05.03
3.12	15.58	31.57	47.55	1:03.53	1:07.31
3.19	16.34	33.08	49.41	1:06.16	1:09.58
3.26	17.11	34.22	51.33	1:08.44	1:12.26
3.33	17.46	35.33	53.19	1:11.06	1:14.54
3.40	18.22	36:44	55.06	1:13.28	1:17.21
3.47	18.58	37.55	56.53	1:15.50	1:19.49
3.55	19.33	39:06	58.40	1:18.13	1:22.38
4.02	20.08	40.17	1:00.26	1:20.35	1:25.06
4.09	20.44	41.28	1:02.13	1:22.57	1:27.33
4.16	21.20	42.40	1:03.59	1:25.19	1:30.01
4.23	21.55	43.50	1:05.46	1:27.41	1:32.29
4.30	22.31	44.02	1:07.32	1:30.04	1:34.56
4.37	23.07	46.13	1:09.19	1:32.26	1:37.24
4.44	23.42	47.24	1:11.06	1:34.48	1:39.52
4.52	24.17	48.35	1:12.53	1:37.10	1:42.40
4.59	24.53	49.46	1:14.39	1:39.32	1:45.08
5.06	25.29	50.57	1:16.26	1:41.55	1:47.36
5.13	26.04	52.08	1:18.13	1:44.17	1:50.04
5.20	26.40	53.19	1:19.59	1:46.39	1:52.31
5.27	27.15	54.31	1:21.46	1:49.01	1:54.59
5.34	27.51	55.41	1:23.32	2:51.23	1:57.27
5.41	28.26	56.53	1:25.19	1:53.46	1:59.54
5.49	29.02	58.04	1:27.06	1:56.08	2:02.43
5.55	29.37	59.15	1:28.52	1:58.30	2:04.29
6.02	30.13	1:00.26	1:30.39	2:00.52	2:07.17
6.10	30.49	1:01.37	1:32.26	2:03.14	2:10.06
6.17	31.24	1:02.48	1:34.13	2:05.37	2:12.34
6.24	31.59	1:03.59	1:35.59	2:07.58	2:15.01
6.31	32.35	1:05.10	1:37.46	2:10.21	2:17.29
6.38	33.11	1:06.22	1:39.32	2:12.43	2:19.57
6.45	33.46	1:07.32	1:41.19	2:15.05	2:22.24
6.52	34.22	1:08.44	1:43.05	2:17.28	2:24.52
6.59	34.58	1:09.55	1:44.52	2:19.50	2:27.20
7.07	35.33	1:11.06	1:46.39	2:22.12	2:30.09
7.14	35.08	1:12.17	1:48.26	2:24.34	2:32.36
7.21	36.44	1:13.28	1:50.12	2:26.56	2:35.04
7.28	37.20	1:14.39	1:51.59	2:29.19	2:37.32
7.35	37.55	1:15.50	1:53.46	2:31.41	2:39.59
7.42	38.31	1:17.01	1:55.32	2:34.03	2:42.27
7.49	39.06	1:18.13	1:57.19	2:36.25	2:44.55
7.56	39.42	1:19.23	1:59.05	2:38.47	2:47.22