



10 K Pace Chart

Goal Time	Race Pace	Easy Run	Speed	Recovery Run	Long Run
<45:00-49:49	7:15-8:02	8:00-9:50	7:15-8:02	9:10-10:45	8:10-10:13
50:00-54:59	8:02-8:50	8:50-10:40	8:02-8:50	9:50-11:30	8:55-11:02
55:00-59:59	8:50-9:38	9:40-11:20	8:50-9:38	10:40-12:20	9:40-11:40
1:00-1:05	9:38-10:27	10:30-12:00	9:38-10:27	11:30-13:00	10:30-12:30
1:05-1:10	10:27-11:15	11:20-12:50	10:27-11:15	12:15-14:00	11:20-13:15
1:10-1:15	11:15-12:04	12:10-13:30	11:15-12:04	13-14:45	12:15-14
1:15-1:20+	12:04+	13:30+	12:04+	14:45+	14:00+