



## 5K PACE CHART

<b>Goal Time</b>	<b>Race Pace</b>	<b>Easy Pace</b>	<b>Recovery</b>	<b>Long Run</b>
22:00	7:05	8:09-9:10	9:16-9:58	8:15-9:32
23:00	7:24	8:29-9:30	9:37-10:20	8:34-9:52
24:00	7:43	8:51-9:50	9:57-10:42	8:52-10:11
25:00	8:03	9:11-10:10	10:15-11:02	9:13-10:32
26:00	8:22	9:32-10:29	10:32-11:22	9:35-10:52
27:00	8:41	9:32-10:29	10:34-11:22	9:35-10:52
28:00	9:01	10:14-11:05	11:14-12:03	10:16-11:31
29:00	9:20	10:34-11:26	11:32-12:23	10:37-11:50
30:00	9:39	10:54-11:43	11:53-12:44	10:58-12:09
31:00	9:59	10:54-11:43	11:53-12:44	10:58-12:09
32:00	10:18	11:37-12:18	12:29-13:23	11:39-12:47
33:00	10:37	11:57-12:37	12:49-13:45	12:00-13:04
34:00	10:57	12:16-12:56	13:04-14:03	12:20-13:24
35:00	11:16	12:36-13:17	13:23-14:24	12:40-13:44
36:00	11:35	12:58-13:35	13:42-14:42	13:00-13:59
37:00	11:55	13:17-13:55	14:02-15:03	13:21-14:18
38:00	12:14+	13:36-14:15	14:23-15:19	13:41-14:37