

Running Pace Chart: 5K, 10K, Half and Marathon

How to use: find the pace you can hold, read across for your finish time. Or start at your goal time and read left for the pace you need. Circle your row. Times assume an even pace the whole way, rounded to the nearest second. Distances: 5K 3.10686 mi, 10K 6.21371 mi, half 13.1094 mi, marathon 26.2188 mi.

Pace / mile	Pace / km	5K	10K	Half marathon	Marathon	My notes
6:00	3:44	0:18:38	0:37:17	1:18:39	2:37:19	
6:30	4:02	0:20:12	0:40:23	1:25:13	2:50:25	
7:00	4:21	0:21:45	0:43:30	1:31:46	3:03:32	
7:30	4:40	0:23:18	0:46:36	1:38:19	3:16:38	
8:00	4:58	0:24:51	0:49:43	1:44:53	3:29:45	
8:30	5:17	0:26:24	0:52:49	1:51:26	3:42:52	
9:00	5:36	0:27:58	0:55:55	1:57:59	3:55:58	
9:30	5:54	0:29:31	0:59:02	2:04:32	4:09:05	
10:00	6:13	0:31:04	1:02:08	2:11:06	4:22:11	
10:30	6:31	0:32:37	1:05:15	2:17:39	4:35:18	
11:00	6:50	0:34:11	1:08:21	2:24:12	4:48:24	
11:30	7:09	0:35:44	1:11:27	2:30:45	5:01:31	
12:00	7:27	0:37:17	1:14:34	2:37:19	5:14:38	
12:30	7:46	0:38:50	1:17:40	2:43:52	5:27:44	
13:00	8:05	0:40:23	1:20:47	2:50:25	5:40:51	
13:30	8:23	0:41:57	1:23:53	2:56:59	5:53:57	
14:00	8:42	0:43:30	1:27:00	3:03:32	6:07:04	
14:30	9:01	0:45:03	1:30:06	3:10:05	6:20:10	
15:00	9:19	0:46:36	1:33:12	3:16:38	6:33:17	

Treadmill Speed to Pace Conversion

Minutes per mile = 60 divided by mph. Treadmills feel a little easier than the road (no wind, no hills), so let effort be your guide.

Speed (mph)	Pace / mile	Pace / km	Speed (km/h)	Felt like (notes)
4.0	15:00	9:19	6.4	
4.5	13:20	8:17	7.2	
5.0	12:00	7:27	8.0	
5.5	10:55	6:47	8.9	
6.0	10:00	6:13	9.7	
6.5	9:14	5:44	10.5	
7.0	8:34	5:20	11.3	
7.5	8:00	4:58	12.1	
8.0	7:30	4:40	12.9	
8.5	7:04	4:23	13.7	
9.0	6:40	4:09	14.5	
9.5	6:19	3:55	15.3	
10.0	6:00	3:44	16.1	

My effort zones (talk test)

Zone	Talk test	Effort (0 to 10)	My pace / mile	My pace / km
Easy	Full sentences	4 to 6		
Tempo	Short phrases	About 7		
Interval	A word or two	8 to 9		
Goal race				