



Pacing Chart

MIT Indoor Track Winter 2006/2007

Amy's Group

Directions for Use: Find the column that corresponds to your goal marathon time from the first row of the chart. Then move down to the correct row for your intended intensity. The number shown is the number of seconds per lap to achieve this pace. For instance, if you are a 4:30 marathoner and you intend to run repeat 800's at 5k pace, you should average 66 seconds per lap (or 4:26 overall).

	4:05	4:10	4:15	4:20	4:25	4:30	4:35	4:40	4:45	4:50	4:55	5:00	5:05	5:10	5:15
Mile	55.8	56.9	58.0	59.2	60.3	61.4	62.6	63.7	64.9	66.0	67.1	68.3	69.4	70.6	71.7
5k	60.4	61.6	62.8	64.1	65.3	66.5	67.8	69.0	70.2	71.5	72.7	73.9	75.1	76.4	77.6
10k	63.4	64.7	66.0	67.2	68.5	69.8	71.1	72.4	73.7	75.0	76.3	77.6	78.9	80.2	81.5
Half-Mar	66.8	68.1	69.5	70.9	72.2	73.6	74.9	76.3	77.6	79.0	80.4	81.8	83.1	84.5	85.8
Marathon	70.1	71.5	72.9	74.4	75.8	77.2	78.7	80.1	81.5	83.0	84.4	85.8	87.2	88.7	90.1