

Pace Yourself

Successful running is all about pace judgment. The best tactic is “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 splits for race day.

1km	5km	10km	15km	20km	21.1km	25km	30km	35km	40km	42.2km
3.05	15.23	30.46	46.08	1:01.31	1:05.03	1:16.54	1:32.17	1:47.40	2:03.03	2:10
3.12	15.58	31.57	47.55	1:03.53	1:07.31	1:19.52	1:35.50	1:51.49	2:07.87	2:15
3.19	16.34	33.08	49.41	1:06.16	1:09.58	1:22.49	1:39.23	1:55.57	2:12.31	2:20
3.26	17.11	34.22	51.33	1:08.44	1:12.26	1:25.55	1:43.05	2:00.16	2:17.28	2:25
3.33	17.46	35.33	53.19	1:11.06	1:14.54	1:28.52	1:46.39	2:04.25	2:22.12	2:30
3.40	18.22	36.44	55.06	1:13.28	1:17.21	1:31.50	1:50.12	2:08.34	2:26.56	2:35
3.47	18.58	37.55	56.53	1:15.50	1:19.49	1:34.48	1:53.46	2:12.43	2:31.41	2:40
3.55	19.33	39.06	58.40	1:18.13	1:22.38	1:37.46	1:57.19	2:16.52	2:36.25	2:45
4.02	20.08	40.17	1:00.26	1:20.35	1:25.06	1:40.43	2:00.52	2:21.06	2:41.10	2:50
4.09	20.44	41.28	1:02.13	1:22.57	1:27.33	1:43.41	2:04.25	2:25.10	2:45.54	2:55
4.16	21.20	42.40	1:03.59	1:25.19	1:30.01	1:46.39	2:07.59	2:29.19	2:50.38	3:00
4.23	21.55	43.50	1:05.46	1:27.41	1:32.29	1:49.37	2:11.32	2:33.27	2:55.23	3:05
4.30	22.31	44.02	1:07.32	1:30.04	1:34.56	1:52.34	2:15.05	2:37.36	3:00.07	3:10
4.37	23.07	46.13	1:09.19	1:32.26	1:37.24	1:55.32	2:18.38	2:41.45	3:04.52	3:15
4.44	23.42	47.24	1:11.06	1:34.48	1:39.52	1:58.30	2:22.12	2:45.54	3:09.36	3:20
4.52	24.17	48.35	1:12.53	1:37.10	1:42.40	2:01.28	2:25.45	2:50.02	3:14.20	3:25
4.59	24.53	49.46	1:14.39	1:39.32	1:45.08	2:04.25	2:29.19	2:54.11	3:19.05	3:30
5.06	25.29	50.57	1:16.26	1:41.55	1:47.36	2:07.23	2:32.52	2:58.20	3:23.49	3:35
5.13	26.04	52.08	1:18.13	1:44.17	1:50.04	2:10.21	2:36.25	3:02.29	3:28.34	3:40
5.20	26.40	53.19	1:19.59	1:46.39	1:52.31	2:13.19	2:39.58	3:06.38	3:33.18	3:45
5.27	27.15	54.31	1:21.46	1:49.01	1:54.59	2:16.16	2:43.32	3:10.47	3:38.02	3:50
5.34	27.51	55.41	1:23.32	2:51.23	1:57.27	2:19.14	2:47.05	3:14.56	3:42.47	3:55
5.41	28.26	56.53	1:25.19	1:53.46	1:59.54	2:22.12	2:50.38	3:19.05	3:47.31	4:00
5.49	29.02	58.04	1:27.06	1:56.08	2:02.43	2:25.10	2:54.11	3:23.13	3:52.16	4:05
5.55	29.37	59.15	1:28.52	1:58.30	2:04.29	2:28.07	2:57.45	3:27.22	3:56.59	4:10
6.02	30.13	1:00.26	1:30.39	2:00.52	2:07.17	2:31.05	3:01.18	3:31.31	4:01.44	4:15
6.10	30.49	1:01.37	1:32.26	2:03.14	2:10.06	2:34.03	3:04.52	3:35.40	4:06.28	4:20
6.17	31.24	1:02.48	1:34.13	2:05.37	2:12.34	2:37.06	3:08.25	3:39.49	4:11.13	4:25
6.24	31.59	1:03.59	1:35.59	2:07.58	2:15.01	2:39.58	3:11.58	3:43.58	4:15.57	4:30
6.31	32.35	1:05.10	1:37.46	2:10.21	2:17.29	2:42.59	3:15.31	3:48.07	4:20.41	4:35
6.38	33.11	1:06.22	1:39.32	2:12.43	2:19.57	2:45.54	3:19.05	3:52.16	4:25.26	4:40
6.45	33.46	1:07.32	1:41.19	2:15.05	2:22.24	2:48.52	3:22.38	3:56.24	4:30.10	4:45
6.52	34.22	1:08.44	1:43.05	2:17.28	2:24.52	2:51.49	3:26.11	4:00.33	4:34.55	4:50
6.59	34.58	1:09.55	1:44.52	2:19.50	2:27.20	2:54.47	3:29.44	4:04.42	4:39.39	4:55
7.07	35.33	1:11.06	1:46.39	2:22.12	2:30.09	2:57.45	3:33.18	4:08.50	4:44.23	5:00
7.14	35.08	1:12.17	1:48.26	2:24.34	2:32.36	3:00.43	3:36.51	4:12.59	4:49.08	5:05
7.21	36.44	1:13.28	1:50.12	2:26.56	2:35.04	3:03.40	3:40.25	4:17.08	4:53.52	5:10
7.28	37.20	1:14.39	1:51.59	2:29.19	2:37.32	3:06.38	3:43.58	4:21.17	4:58.37	5:15
7.35	37.55	1:15.50	1:53.46	2:31.41	2:39.59	3:09.36	3:47.31	4:25.26	5:03.21	5:20
7.42	38.31	1:17.01	1:55.32	2:34.03	2:42.27	3:12.34	3:51.04	4:29.35	5:08.05	5:25
7.49	39.06	1:18.13	1:57.19	2:36.25	2:44.55	3:15.31	3:54.37	4:33.44	5:12.50	5:30
7.56	39.42	1:19.23	1:59.05	2:38.47	2:47.22	3:18.29	3:58.11	4:37.53	5:17.34	5:35