

Pace Yourself

Pace judgement is the key to your end result. The best approach is “negative splits”, where you 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.

<i>K Pace</i>	5k	10k	15k	20k	21.1k	25k	30k	35k	40k	42.2k
03:00	0:15:00	0:30:00	0:45:00	1:00:00	1:03:18	1:15:00	1:30:00	1:45:00	2:00:00	2:06:36
03:05	0:15:25	0:30:50	0:46:15	1:01:40	1:05:04	1:17:05	1:32:30	1:47:55	2:03:20	2:10:07
03:10	0:15:50	0:31:40	0:47:30	1:03:20	1:06:49	1:19:10	1:35:00	1:50:50	2:06:40	2:13:38
03:15	0:16:15	0:32:30	0:48:45	1:05:00	1:08:34	1:21:15	1:37:30	1:53:45	2:10:00	2:17:09
03:20	0:16:40	0:33:20	0:50:00	1:06:40	1:10:20	1:23:20	1:40:00	1:56:40	2:13:20	2:20:40
03:25	0:17:05	0:34:10	0:51:15	1:08:20	1:12:06	1:25:25	1:42:30	1:59:35	2:16:40	2:24:11
03:30	0:17:30	0:35:00	0:52:30	1:10:00	1:13:51	1:27:30	1:45:00	2:02:30	2:20:00	2:27:42
03:35	0:17:55	0:35:50	0:53:45	1:11:40	1:15:37	1:29:35	1:47:30	2:05:25	2:23:20	2:31:13
03:40	0:18:20	0:36:40	0:55:00	1:13:20	1:17:22	1:31:40	1:50:00	2:08:20	2:26:40	2:34:44
03:45	0:18:45	0:37:30	0:56:15	1:15:00	1:19:08	1:33:45	1:52:30	2:11:15	2:30:00	2:38:15
03:50	0:19:10	0:38:20	0:57:30	1:16:40	1:20:53	1:35:50	1:55:00	2:14:10	2:33:20	2:41:46
03:55	0:19:35	0:39:10	0:58:45	1:18:20	1:22:39	1:37:55	1:57:30	2:17:05	2:36:40	2:45:17
04:00	0:20:00	0:40:00	1:00:00	1:20:00	1:24:24	1:40:00	2:00:00	2:20:00	2:40:00	2:48:48
04:05	0:20:25	0:40:50	1:01:15	1:21:40	1:26:10	1:42:05	2:02:30	2:22:55	2:43:20	2:52:19
04:10	0:20:50	0:41:40	1:02:30	1:23:20	1:27:55	1:44:10	2:05:00	2:25:50	2:46:40	2:55:50
04:15	0:21:15	0:42:30	1:03:45	1:25:00	1:29:41	1:46:15	2:07:30	2:28:45	2:50:00	2:59:21
04:20	0:21:40	0:43:20	1:05:00	1:26:40	1:31:26	1:48:20	2:10:00	2:31:40	2:53:20	3:02:52
04:25	0:22:05	0:44:10	1:06:15	1:28:20	1:33:12	1:50:25	2:12:30	2:34:35	2:56:40	3:06:23
04:30	0:22:30	0:45:00	1:07:30	1:30:00	1:34:57	1:52:30	2:15:00	2:37:30	3:00:00	3:09:54
04:35	0:22:55	0:45:50	1:08:45	1:31:40	1:36:42	1:54:35	2:17:30	2:40:25	3:03:20	3:13:25
04:40	0:23:20	0:46:40	1:10:00	1:33:20	1:38:28	1:56:40	2:20:00	2:43:20	3:06:40	3:16:56
04:45	0:23:45	0:47:30	1:11:15	1:35:00	1:40:13	1:58:45	2:22:30	2:46:15	3:10:00	3:20:27
04:50	0:24:10	0:48:20	1:12:30	1:36:40	1:41:59	2:00:50	2:25:00	2:49:10	3:13:20	3:23:58
04:55	0:24:35	0:49:10	1:13:45	1:38:20	1:43:44	2:02:55	2:27:30	2:52:05	3:16:40	3:27:29
05:00	0:25:00	0:50:00	1:15:00	1:40:00	1:45:30	2:05:00	2:30:00	2:55:00	3:20:00	3:31:00
05:05	0:25:25	0:50:50	1:16:15	1:41:40	1:47:15	2:07:05	2:32:30	2:57:55	3:23:20	3:34:31
05:10	0:25:50	0:51:40	1:17:30	1:43:20	1:49:01	2:09:10	2:35:00	3:00:50	3:26:40	3:38:02
05:15	0:26:15	0:52:30	1:18:45	1:45:00	1:50:46	2:11:15	2:37:30	3:03:45	3:30:00	3:41:33
05:20	0:26:40	0:53:20	1:20:00	1:46:40	1:52:32	2:13:20	2:40:00	3:06:40	3:33:20	3:45:04
05:25	0:27:05	0:54:10	1:21:15	1:48:20	1:54:17	2:15:25	2:42:30	3:09:35	3:36:40	3:48:35
05:30	0:27:30	0:55:00	1:22:30	1:50:00	1:56:03	2:17:30	2:45:00	3:12:30	3:40:00	3:52:06
05:35	0:27:55	0:55:50	1:23:45	1:51:40	1:57:48	2:19:35	2:47:30	3:15:25	3:43:20	3:55:37
05:40	0:28:20	0:56:40	1:25:00	1:53:20	1:59:34	2:21:40	2:50:00	3:18:20	3:46:40	3:59:08
05:45	0:28:45	0:57:30	1:26:15	1:55:00	2:01:19	2:23:45	2:52:30	3:21:15	3:50:00	4:02:39
05:50	0:29:10	0:58:20	1:27:30	1:56:40	2:03:05	2:25:50	2:55:00	3:24:10	3:53:20	4:06:10
05:55	0:29:35	0:59:10	1:28:45	1:58:20	2:04:51	2:27:55	2:57:30	3:27:05	3:56:40	4:09:41

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<i>K Pace</i>	5k	10k	15k	20k	21.1k	25k	30k	35k	40k	42.2k
06:00	0:30:00	1:00:00	1:30:00	2:00:00	2:06:36	2:30:00	3:00:00	3:30:00	4:00:00	4:13:12
06:05	0:30:25	1:00:50	1:31:15	2:01:40	2:08:22	2:32:05	3:02:30	3:32:55	4:03:20	4:16:43
06:10	0:30:50	1:01:40	1:32:30	2:03:20	2:10:07	2:34:10	3:05:00	3:35:50	4:06:40	4:20:14
06:15	0:31:15	1:02:30	1:33:45	2:05:00	2:11:53	2:36:15	3:07:30	3:38:45	4:10:00	4:23:45
06:20	0:31:40	1:03:20	1:35:00	2:06:40	2:13:38	2:38:20	3:10:00	3:41:40	4:13:20	4:27:16
06:25	0:32:05	1:04:10	1:36:15	2:08:20	2:15:24	2:40:25	3:12:30	3:44:35	4:16:40	4:30:47
06:30	0:32:30	1:05:00	1:37:30	2:10:00	2:17:09	2:42:30	3:15:00	3:47:30	4:20:00	4:34:18
06:35	0:32:55	1:05:50	1:38:45	2:11:40	2:18:55	2:44:35	3:17:30	3:50:25	4:23:20	4:37:49
06:40	0:33:20	1:06:40	1:40:00	2:13:20	2:20:40	2:46:40	3:20:00	3:53:20	4:26:40	4:41:20
06:45	0:33:45	1:07:30	1:41:15	2:15:00	2:22:25	2:48:45	3:22:30	3:56:15	4:30:00	4:44:51
06:50	0:34:10	1:08:20	1:42:30	2:16:40	2:24:11	2:50:50	3:25:00	3:59:10	4:33:20	4:48:22
06:55	0:34:35	1:09:10	1:43:45	2:18:20	2:25:56	2:52:55	3:27:30	4:02:05	4:36:40	4:51:53
07:00	0:35:00	1:10:00	1:45:00	2:20:00	2:27:42	2:55:00	3:30:00	4:05:00	4:40:00	4:55:24
07:05	0:35:25	1:10:50	1:46:15	2:21:40	2:29:27	2:57:05	3:32:30	4:07:55	4:43:20	4:58:55
07:10	0:35:50	1:11:40	1:47:30	2:23:20	2:31:13	2:59:10	3:35:00	4:10:50	4:46:40	5:02:26
07:15	0:36:15	1:12:30	1:48:45	2:25:00	2:32:58	3:01:15	3:37:30	4:13:45	4:50:00	5:05:57
07:20	0:36:40	1:13:20	1:50:00	2:26:40	2:34:44	3:03:20	3:40:00	4:16:40	4:53:20	5:09:28
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07:30	0:37:30	1:15:00	1:52:30	2:30:00	2:38:15	3:07:30	3:45:00	4:22:30	5:00:00	5:16:30
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07:40	0:38:20	1:16:40	1:55:00	2:33:20	2:41:46	3:11:40	3:50:00	4:28:20	5:06:40	5:23:32
07:45	0:38:45	1:17:30	1:56:15	2:35:00	2:43:32	3:13:45	3:52:30	4:31:15	5:10:00	5:27:03
07:50	0:39:10	1:18:20	1:57:30	2:36:40	2:45:17	3:15:50	3:55:00	4:34:10	5:13:20	5:30:34
07:55	0:39:35	1:19:10	1:58:45	2:38:20	2:47:03	3:17:55	3:57:30	4:37:05	5:16:40	5:34:05
08:00	0:40:00	1:20:00	2:00:00	2:40:00	2:48:48	3:20:00	4:00:00	4:40:00	5:20:00	5:37:36
08:05	0:40:25	1:20:50	2:01:15	2:41:40	2:50:34	3:22:05	4:02:30	4:42:55	5:23:20	5:41:07
08:10	0:40:50	1:21:40	2:02:30	2:43:20	2:52:19	3:24:10	4:05:00	4:45:50	5:26:40	5:44:38
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08:30	0:42:30	1:25:00	2:07:30	2:50:00	2:59:21	3:32:30	4:15:00	4:57:30	5:40:00	5:58:42
08:35	0:42:55	1:25:50	2:08:45	2:51:40	3:01:07	3:34:35	4:17:30	5:00:25	5:43:20	6:02:13
08:40	0:43:20	1:26:40	2:10:00	2:53:20	3:02:52	3:36:40	4:20:00	5:03:20	5:46:40	6:05:44
08:45	0:43:45	1:27:30	2:11:15	2:55:00	3:04:37	3:38:45	4:22:30	5:06:15	5:50:00	6:09:15
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09:00	0:45:00	1:30:00	2:15:00	3:00:00	3:09:54	3:45:00	4:30:00	5:15:00	6:00:00	6:19:48
09:05	0:45:25	1:30:50	2:16:15	3:01:40	3:11:39	3:47:05	4:32:30	5:17:55	6:03:20	6:23:19
09:10	0:45:50	1:31:40	2:17:30	3:03:20	3:13:25	3:49:10	4:35:00	5:20:50	6:06:40	6:26:50
09:15	0:46:15	1:32:30	2:18:45	3:05:00	3:15:10	3:51:15	4:37:30	5:23:45	6:10:00	6:30:21