

## Pace Yourself

Pace judgement is everything in a successful result. The best tactic 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.

| 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   |

