

10K Pace Chart

Mile	Pace Per Mile																	
	5:00	5:10	5:20	5:30	5:40	5:50	6:00	6:10	6:20	6:30	6:40	6:50	7:00	7:10	7:20	7:30	7:40	7:50
1	5:00	5:10	5:20	5:30	5:40	5:50	6:00	6:10	6:20	6:30	6:40	6:50	7:00	7:10	7:20	7:30	7:40	7:50
2	10:00	10:20	10:40	11:00	11:20	11:40	12:00	12:20	12:40	13:00	13:20	13:40	14:00	14:20	14:40	15:00	15:20	15:40
3	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00	22:30	23:00	23:30
4	20:00	20:40	21:20	22:00	22:40	23:20	24:00	24:40	25:20	26:00	26:40	27:20	28:00	28:40	29:20	30:00	30:40	31:20
5	25:00	25:50	26:40	27:30	28:20	29:10	30:00	30:50	31:40	32:30	33:20	34:10	35:00	35:50	36:40	37:30	38:20	39:10
6	30:00	31:00	32:00	33:00	34:00	35:00	36:00	37:00	38:00	39:00	40:00	41:00	42:00	43:00	44:00	45:00	46:00	47:00
6.2	31:03	32:05	33:07	34:09	35:11	36:13	37:15	38:17	39:19	40:21	41:24	42:26	43:28	44:30	45:32	46:34	47:36	48:38

10K Pace Chart Continued.....

Mile	Pace Per Mile															
	8:00	8:10	8:20	8:30	8:40	8:50	9:00	9:10	9:20	9:30	9:40	9:50	10:00	10:10	10:20	10:30
1	8:00	8:10	8:20	8:30	8:40	8:50	9:00	9:10	9:20	9:30	9:40	9:50	10:00	10:10	10:20	10:30
2	16:00	16:20	16:40	17:00	17:20	17:40	18:00	18:20	18:40	19:00	19:20	19:40	20:00	20:20	20:40	21:00
3	24:00	24:30	25:00	25:30	26:00	26:30	27:00	27:30	28:00	28:30	29:00	29:30	30:00	30:30	31:00	31:30
4	32:00	32:40	33:20	34:00	34:40	35:20	36:00	36:40	37:20	38:00	38:40	39:20	40:00	40:40	41:20	42:00
5	40:00	40:50	41:40	42:30	43:20	44:10	45:00	45:50	46:40	47:30	48:20	49:10	50:00	50:50	51:40	52:30
6	48:00	49:00	50:00	51:00	52:00	53:00	54:00	55:00	56:00	57:00	58:00	59:00	1:00:00	1:01:00	1:02:00	1:03:00
6.2	49:40	49:40	50:42	52:47	53:49	54:51	55:53	56:55	57:57	58:59	1:00:01	1:01:03	1:02:06	1:03:08	1:04:10	1:05:12