

5k Pace Guide

35min 5k - 11:15/mile	
200m	1:24
400m	2:48
600m	4:13
800m	5:37
1000m	7:01
1200m	8:26
1400m	9:50
1600m	11:12

34min 5k - 10:56/mile	
200m	1:22
400m	2:44
600m	4:06
800m	5:28
1000m	6:50
1200m	8:12
1400m	9:34
1600m	10:53

33min 5k - 10:37/mile	
200m	1:19
400m	2:39
600m	3:58
800m	5:18
1000m	6:38
1200m	7:57
1400m	9:17
1600m	10:34

32min 5k - 10:17/mile	
200m	1:17
400m	2:34
600m	3:51
800m	5:08
1000m	6:25
1200m	7:42
1400m	8:59
1600m	10:14

31 min 5k - 9:58/mile	
200m	1:14
400m	2:29
600m	3:44
800m	4:59
1000m	6:13
1200m	7:28
1400m	8:43
1600m	9:55

30min 5k - 9:39/mile	
200m	1:12
400m	2:24
600m	3:37
800m	4:49
1000m	6:01
1200m	7:14
1400m	8:26
1600m	9:36

29min 5k - 9:20/mile	
200m	1:09
400m	2:20
600m	3:30
800m	4:40
1000m	5:50
1200m	7:00
1400m	8:10
1600m	9:17

28min 5k - 9:00/mile	
200m	1:07
400m	2:15
600m	3:22
800m	4:30
1000m	5:37
1200m	6:45
1400m	7:52
1600m	8:58

27min 5k - 8:41/mile	
200m	1:05
400m	2:10
600m	3:15
800m	4:20
1000m	5:25
1200m	6:30
1400m	7:35
1600m	8:38

26min 5k - 8:22/mile	
200m	1:03
400m	2:06
600m	3:08
800m	4:11
1000m	5:14
1200m	6:17
1400m	7:19
1600m	8:19

25min 5k - 8:02/mile	
200m	1:00
400m	2:01
600m	3:01
800m	4:01
1000m	5:01
1200m	6:02
1400m	7:02
1600m	8:00

24min 5k - 7:43/mile	
200m	58
400m	1:56
600m	2:54
800m	3:52
1000m	4:49
1200m	5:47
1400m	6:45
1600m	7:41

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23min 5k - 7:24/mile	
200m	56
400m	1:51
600m	2:47
800m	3:42
1000m	4:38
1200m	5:33
1400m	6:29
1600m	7:22

22min 5k - 7:04/mile	
200m	53
400m	1:46
600m	2:39
800m	3:32
1000m	4:25
1200m	5:18
1400m	6:11
1600m	7:02

21min 5k - 6:45/mile	
200m	51
400m	1:41
600m	2:32
800m	3:23
1000m	4:13
1200m	5:04
1400m	5:54
1600m	6:43

20 min 5k - 6:26/mile	
200m	48
400m	1:37
600m	2:25
800m	3:13
1000m	4:01
1200m	4:50
1400m	5:38
1600m	6:24

19min 5k - 6:07/mile	
200m	46
400m	1:32
600m	2:17
800m	3:03
1000m	3:49
1200m	4:35
1400m	5:20
1600m	6:05

18min 5k - 5:48/mile	
200m	43
400m	1:27
600m	2:14
800m	2:54
1000m	3:37
1200m	4:20
1400m	5:04
1600m	5:46

17min 5k - 5:28/mile	
200m	41
400m	1:22
600m	2:03
800m	2:44
1000m	3:25
1200m	4:06
1400m	4:47
1600m	5:26

16min 5k - 5:09/mile	
200m	39
400m	1:17
600m	1:56
800m	2:34
1000m	3:13
1200m	3:51
1400m	4:30
1600m	5:07

15min 5k - 4:50/mile	
200m	36
400m	1:12
600m	1:48
800m	2:24
1000m	3:01
1200m	3:37
1400m	4:13
1600m	4:48

14min 5k - 4:30/mile	
200m	34
400m	1:07
600m	1:41
800m	2:15
1000m	2:48
1200m	3:22
1400m	3:56
1600m	4:29

13min 5k - 4:11/mile	
200m	31
400m	1:02
600m	1:34
800m	2:05
1000m	2:36
1200m	3:08
1400m	3:39
1600m	4:10

12:37min 5k (WR) - 4:03/mile	
200m	30
400m	1:00
600m	1:31
800m	2:01
1000m	2:31
1200m	3:02
1400m	3:32
1600m	4:02