

Race/Workout Pace Predictor Chart compiled by Mark Lorenzoni

2 MILES	5K	10K	10 MILES	HALF
25:30 (12:45/mile)	~12:55/mile	~13:10/mile	~13:30/mile	13:45
25:00 (12:30/mile)	~12:40/mile	~12:55/mile	~13:15/mile	13:30
24:30 (12:15/mile)	~12:25/mile	~12:40/mile	~13:00/mile	13:15
24:00 (12:00/mile)	~12:10/mile	~12:25/mile	~12:45/mile	13:00
23:30 (11:45/mile)	~11:55/mile	~12:10/mile	~12:30/mile	12:45
23:00 (11:30/mile)	~11:40/mile	~11:55/mile	~12:15/mile	12:30
22:30 (11:15/mile)	~11:25/mile	~11:40/mile	~12:00/mile	12:15
22:00 (11:00/mile)	~11:10/mile	~11:25/mile	~11:45/mile	12:00
21:30 (10:45/mile)	~10:55/mile	~11:10/mile	~11:30/mile	11:45
21:00 (10:30/mile)	~10:40/mile	~10:55/mile	~11:15/mile	11:30
20:30 (10:15/mile)	~10:25/mile	~10:40/mile	~11:00/mile	11:15
20:00 (10:00/mile)	~10:10/mile	~10:25/mile	~10:45/mile	11:00
19:30 (9:45/mile)	~9:55/mile	~10:10/mile	~10:30/mile	10:45
19:00 (9:30/mile)	~9:40/mile	~9:55/mile	~10:15/mile	10:30
18:30 (9:15/mile)	~9:25/mile	~9:40/mile	~10:00/mile	10:15
18:00 (9:00/mile)	~9:10/mile	~9:25/mile	~9:45/mile	10:00
17:30 (8:45/mile)	~8:55/mile	~9:10/mile	~9:30/mile	~9:45
17:00 (8:30/mile)	~8:40/mile	~8:55/mile	~9:15/mile	~9:30
16:30 (8:15/mile)	~8:25/mile	~8:40/mile	~9:00/mile	~9:15
16:00 (8:00/mile)	~8:10/mile	~8:25/mile	~8:45/mile	~9:00
15:30 (7:45/mile)	~7:55/mile	~8:10/mile	~8:30/mile	~8:45
15:00 (7:30/mile)	~7:40/mile	~7:55/mile	~8:15/mile	~8:30
14:30 (7:15/mile)	~7:25/mile	~7:40/mile	~8:00/mile	~8:15
14:00 (7:00/mile)	~7:10/mile	~7:25/mile	~7:45/mile	~8:00
13:30 (6:45/mile)	~6:55/mile	~7:10/mile	~7:30/mile	~7:45
13:00 (6:30/mile)	~6:40/mile	~6:55/mile	~7:15/mile	~7:30
12:30 (6:15/mile)	~6:25/mile	~6:40/mile	~7:00/mile	~7:15
12:00 (6:00/mile)	~6:10/mile	~6:25/mile	~6:45/mile	~7:00
11:30 (5:45/mile)	~5:55/mile	~6:10/mile	~6:30/mile	~6:45
11:00 (5:30/mile)	~5:40/mile	~5:55/mile	~6:15/mile	~6:30
10:30 (5:15/mile)	~5:25/mile	~5:40/mile	~6:00/mile	~5:45