

GROUP 1 PACES

Recovery Pace: 7:35 - 8:30
Easy Pace: 6:40 - 7:30
Marathon Pace: 5:54 - 6:15
Half Marathon Pace: 5:35 - 6:00
10K Pace: 5:22 - 5:44
5K Pace: 5:11 (*1:17 per 400m*) - 5:33 (*1:22 per 400m*)
3K Pace: 4:58 (*1:14*) - 5:20 (*1:19*)

GROUP 2 PACES

Recovery Pace: 7:40 - 9:30
Easy Pace: 7:00 - 8:30
Marathon Pace: 6:34 - 7:17
Half Marathon Pace: 6:14 - 6:55
10K Pace: 5:56 - 6:39
5K Pace: 5:44 (*1:25 per 400m*) - 6:25 (*1:35 per 400m*)
3K Pace: 5:31 (*1:22*) - 6:11 (*1:32*)

GROUP 3 PACES

Recovery Pace: 8:45 - 10:15
Easy Pace: 7:50 - 9:30
Marathon Pace: 7:24 - 8:25
Half Marathon Pace: 7:06 - 8:07
10K Pace: 6:46 - 7:43
5K Pace: 6:32 (*1:37 per 400m*) - 7:27 (*1:51 per 400m*)
3K Pace: 6:18 (*1:34*) - 7:13 (*1:47*)

GROUP 4 PACES

Recovery Pace: 10:00 - 12:00
Easy Pace: 9:08 - 10:45
Marathon Pace: 8:35 - 9:20
Half Marathon Pace: 8:17 - 9:02
10K Pace: 7:53 - 8:36
5K Pace: 7:36 (*1:53 per 400m*) - 8:17 (*2:03 per 400m*)
3K Pace: 7:22 (*1:50*) - 8:03 (*2:00*)

GROUP 5 PACES

Recovery Pace: 11:00 - 13:00

Easy Pace: 10:15 - 12:00

Marathon Pace: 9:33 - 11:02

Half Marathon Pace: 9:15 - 10:45

10K Pace: 8:48 - 10:15

5K Pace: 8:29 (2:06 per 400m) - 9:52 (2:27 per 400m)

3K Pace: 8:15 (2:03) - 9:37 (2:23)

GROUP 6 PACES

Recovery Pace: 14:00 - 17:00

Easy Pace: 13:00 - 16:00

Marathon Pace: 11:02 - 12:48

Half Marathon Pace: 11:12 - 12:40

10K Pace: 10:53 - 12:10

5K Pace: 10:25 (2:36 per 400m) - 13:26 (3:22 per 400m)

3K Pace: 9:55 (2:29 per 400m) - 13:05 (3:17 per 400m)