

HOW TO USE THE PACE CHART

Throughout the plan, you will see references to different paces you should aim to maintain during specific workouts. Over the course of your training, you will run using different pace targets. Knowing your pace targets will make your speed work easier.

Treat each pace target as the middle of a range. You may train slightly above or below these paces. They are not exact paces and you are not a robot.

The chart on page 8 will help you understand which pace you should aim to run during each session.

FIND YOUR STARTING PACE

To get started, you'll need to identify the row of pace targets that is right for you.

You can find the right row based on any of the following:

- Use a recent 5K, 10K, Half-Marathon or Marathon time, if you have run one. By “recent” we mean in the last month or two.
- Use the Nike+ Running App and go on a few runs to determine your average pace. This will be your Recovery day pace.
- If you already run often, you could make an educated guess based on your current fitness.

Whichever one you use, this will be your starting point to find your row of pace targets within the Pace Chart.

FOR EXAMPLE

If your last race was a 27:00 minute 5K, find that 5K time under the 5K column on the Pace Chart and slide across the row left or right to find your other pace targets.

In this case, the pace targets would be as follows:

MILE BEST	5K BEST / AVG MILE PACE	10K BEST / AVG MILE PACE	TEMPO AVG MILE PACE	HALF MARATHON BEST / AVG MILE PACE	MARATHON BEST / AVG MILE PACE	RECOVERY DAY PACE
8:00	27:00 / 8:40	55:50 / 9:00	9:25	2:05:00 / 9:30	4:15:00 / 9:45	10:45

Start with your 5k Best /
Avg Mile Pace and read
left or right.

ANOTHER EXAMPLE

If your Mile Best time is 9:30, find that Mile Best time on the Pace Chart and slide across to see your other average mile pace targets.

Here, your pace targets would be as follows:

MILE BEST	5K BEST / AVG MILE PACE	10K BEST / AVG MILE PACE	TEMPO AVG MILE PACE	HALF MARATHON BEST / AVG MILE PACE	MARATHON BEST / AVG MILE PACE	RECOVERY DAY PACE
9:30	31:45 / 10:15	66:00 / 10:35	11:00	2:25:00 / 11:05	5:00:00 / 11:25	12:25

Start with your Mile
Best and read right for
your other pace targets.

THINGS TO KNOW

When you have your range of pace targets, it helps to understand a few things about how you will use them:

- During your training there will be days you may be a little ahead of pace, and other days a little behind. Remember that the paces are only to be used as a guide. You will have good days and bad days so be flexible with your expectations. Hopefully, you will be increasing your fitness each week and your paces will increase in speed as you go.
- When this plan is over and you head out for race day be confident in all the work you have done. It is that work that will take you to new fitness levels, faster paces, this starting line and the all the ones beyond.

PACE CHART



MILE BEST	5K BEST / AVG MILE PACE	10K BEST / AVG MILE PACE	TEMPO AVG MILE PACE	HALF MARATHON BEST / AVG MILE PACE	MARATHON BEST / AVG MILE PACE	RECOVERY DAY PACE
5:00	17:05 / 5:30	35:45 / 5:45	6:05	1:18:00 / 6:00	2:44:00 / 6:15	7:15
5:30	18:45 / 6:00	39:00 / 6:15	6:35	1:25:00 / 6:30	3:00:00 / 6:50	7:50
6:00	20:15 / 6:30	42:00 / 6:45	7:05	1:35:00 / 7:15	3:15:00 / 7:25	8:25
6:30	22:00 / 7:05	45:45 / 7:20	7:40	1:40:00 / 7:35	3:30:00 / 8:00	9:00
7:00	23:45 / 7:40	49:00 / 7:55	8:15	1:50:00 / 8:20	3:45:00 / 8:35	9:35
7:30	25:15 / 8:05	52:30 / 8:25	8:50	1:55:00 / 8:45	4:00:00 / 9:10	10:10
8:00	27:00 / 8:40	55:50 / 9:00	9:25	2:05:00 / 9:30	4:15:00 / 9:45	10:45
8:30	28:30 / 9:10	59:00 / 9:30	9:55	2:10:00 / 9:55	4:30:00 / 10:15	11:15
9:00	30:00 / 9:40	62:30 / 10:00	10:30	2:20:00 / 10:40	4:45:00 / 10:50	11:50
9:30	31:45 / 10:15	66:00 / 10:35	11:00	2:25:00 / 11:05	5:00:00 / 11:25	12:25
10:00	33:00 / 10:40	69:00 / 11:05	11:35	2:35:00 / 11:45	5:15:00 / 12:00	13:00
10:30	35:00 / 11:15	72:00 / 11:35	12:00	2:40:00 / 12:10	5:30:00 / 12:35	13:35
11:00	36:15 / 11:40	75:00 / 12:00	12:35	2:50:00 / 12:55	5:40:00 / 13:00	14:00
11:30	38:00 / 12:15	78:30 / 12:35	13:00	2:55:00 / 13:15	5:50:00 / 13:20	14:20
12:00	39:30 / 12:40	81:30 / 13:05	13:35	3:05:00 / 14:05	6:00:00 / 13:45	14:45