

5k Pace	Mile Pace	Tempo Range			AT Range			Long Run		
30:00	9:36	10:06	10:21	10:36	10:36	10:51	11:06	10:51	11:06	11:21
29:45	9:31	10:01	10:16	10:31	10:31	10:46	11:01	10:46	11:01	11:16
29:30	9:26	9:56	10:11	10:26	10:26	10:41	10:56	10:41	10:56	11:11
29:15	9:21	9:51	10:06	10:21	10:21	10:36	10:51	10:36	10:51	11:06
29:00	9:16	9:46	10:01	10:16	10:16	10:31	10:46	10:31	10:46	11:01
28:45	9:12	9:42	9:57	10:12	10:12	10:27	10:42	10:27	10:42	10:57
28:30	9:07	9:37	9:52	10:07	10:07	10:22	10:37	10:22	10:37	10:52
28:15	9:02	9:32	9:47	10:02	10:02	10:17	10:32	10:17	10:32	10:47
28:00	8:57	9:27	9:42	9:57	9:57	10:12	10:27	10:12	10:27	10:42
27:45	8:52	9:22	9:37	9:52	9:52	10:07	10:22	10:07	10:22	10:37
27:30	8:48	9:18	9:33	9:48	9:48	10:03	10:18	10:03	10:18	10:33
27:15	8:43	9:13	9:28	9:43	9:43	9:58	10:13	9:58	10:13	10:28
27:00	8:38	9:08	9:23	9:38	9:38	9:53	10:08	9:53	10:08	10:23
26:45	8:33	9:03	9:18	9:33	9:33	9:48	10:03	9:48	10:03	10:18
26:30	8:28	8:58	9:13	9:28	9:28	9:43	9:58	9:43	9:58	10:13
26:15	8:24	8:54	9:09	9:24	9:24	9:39	9:54	9:39	9:54	10:09
26:00	8:19	8:49	9:04	9:19	9:19	9:34	9:49	9:34	9:49	10:04
25:45	8:14	8:44	8:59	9:14	9:14	9:29	9:44	9:29	9:44	9:59
25:30	8:09	8:39	8:54	9:09	9:09	9:24	9:39	9:24	9:39	9:54
25:15	8:04	8:34	8:49	9:04	9:04	9:19	9:34	9:19	9:34	9:49
25:00	8:00	8:30	8:45	9:00	9:00	9:15	9:30	9:15	9:30	9:45
24:45	7:55	8:25	8:40	8:55	8:55	9:10	9:25	9:10	9:25	9:40
24:30	7:50	8:20	8:35	8:50	8:50	9:05	9:20	9:05	9:20	9:35
24:15	7:45	8:15	8:30	8:45	8:45	9:00	9:15	9:00	9:15	9:30
24:00	7:40	8:10	8:25	8:40	8:40	8:55	9:10	8:55	9:10	9:25
23:45	7:36	8:06	8:21	8:36	8:36	8:51	9:06	8:51	9:06	9:21
23:30	7:31	8:01	8:16	8:31	8:31	8:46	9:01	8:46	9:01	9:16
23:15	7:26	7:56	8:11	8:26	8:26	8:41	8:56	8:41	8:56	9:11
23:00	7:21	7:51	8:06	8:21	8:21	8:36	8:51	8:36	8:51	9:06
22:45	7:16	7:46	8:01	8:16	8:16	8:31	8:46	8:31	8:46	9:01
22:30	7:12	7:42	7:57	8:12	8:12	8:27	8:42	8:27	8:42	8:57
22:15	7:07	7:37	7:52	8:07	8:07	8:22	8:37	8:22	8:37	8:52
22:00	7:02	7:32	7:47	8:02	8:02	8:17	8:32	8:17	8:32	8:47
21:45	6:57	7:27	7:42	7:57	7:57	8:12	8:27	8:12	8:27	8:42
21:30	6:52	7:22	7:37	7:52	7:52	8:07	8:22	8:07	8:22	8:37
21:15	6:48	7:18	7:33	7:48	7:48	8:03	8:18	8:03	8:18	8:33
21:00	6:43	7:13	7:28	7:43	7:43	7:58	8:13	7:58	8:13	8:28
20:45	6:38	7:08	7:23	7:38	7:38	7:53	8:08	7:53	8:08	8:23
20:30	6:33	7:03	7:18	7:33	7:33	7:48	8:03	7:48	8:03	8:18
20:15	6:28	6:58	7:13	7:28	7:28	7:43	7:58	7:43	7:58	8:13
20:00	6:24	6:54	7:09	7:24	7:24	7:39	7:54	7:39	7:54	8:09
19:45	6:19	6:49	7:04	7:19	7:19	7:34	7:49	7:34	7:49	8:04
19:30	6:14	6:44	6:59	7:14	7:14	7:29	7:44	7:29	7:44	7:59
19:15	6:09	6:39	6:54	7:09	7:09	7:24	7:39	7:24	7:39	7:54
19:00	6:04	6:34	6:49	7:04	7:04	7:19	7:34	7:19	7:34	7:49
18:45	6:00	6:30	6:45	7:00	7:00	7:15	7:30	7:15	7:30	7:45
18:30	5:55	6:25	6:40	6:55	6:55	7:10	7:25	7:10	7:25	7:40
18:15	5:50	6:20	6:35	6:50	6:50	7:05	7:20	7:05	7:20	7:35
18:00	5:45	6:15	6:30	6:45	6:45	7:00	7:15	7:00	7:15	7:30
17:45	5:40	6:10	6:25	6:40	6:40	6:55	7:10	6:55	7:10	7:25
17:30	5:36	6:06	6:21	6:36	6:36	6:51	7:06	6:51	7:06	7:21
17:15	5:31	6:01	6:16	6:31	6:31	6:46	7:01	6:46	7:01	7:16
17:00	5:26	5:56	6:11	6:26	6:26	6:41	6:56	6:41	6:56	7:11
16:45	5:21	5:51	6:06	6:21	6:21	6:36	6:51	6:36	6:51	7:06
16:30	5:16	5:46	6:01	6:16	6:16	6:31	6:46	6:31	6:46	7:01
16:15	5:12	5:42	5:57	6:12	6:12	6:27	6:42	6:27	6:42	6:57
16:00	5:07	5:37	5:52	6:07	6:07	6:22	6:37	6:22	6:37	6:52
15:45	5:02	5:32	5:47	6:02	6:02	6:17	6:32	6:17	6:32	6:47
15:30	4:57	5:27	5:42	5:57	5:57	6:12	6:27	6:12	6:27	6:42