

RRCA PACE CHARTS DEVELOPED BY AMBY BURFOOT

													Easy & Long Run Pace	MARA	H-MARA	Tempo	Long Interval	Short Interval
Distance	5k	5m/8k	10k	10m	13.1m	26.2m												
Time	0:14:00	0:23:12	0:29:06	0:48:45	1:04:48	2:16:42												
Pace	04:31.0	04:38.4	04:41.7	04:52.5	04:56.8	05:13.0							0:05:52	05:13.0	04:56.8	04:52.6	04:25.5	04:03.9
Distance	5k	5m/8k	10k	10m	13.1m	26.2m												
Time	0:14:30	0:24:02	0:30:09	0:50:29	1:07:07	2:21:35												
Pace	04:40.6	04:48.3	04:51.7	05:02.9	05:07.4	05:24.2							0:06:05	05:24.2	05:07.4	05:03.1	04:35.0	04:12.6
Distance	5k	5m/8k	10k	10m	13.1m	26.2m												
Time	0:15:00	0:24:51	0:31:11	0:52:14	1:09:26	2:26:28												
Pace	04:50.3	04:58.3	05:01.8	05:13.4	05:18.0	05:35.4							0:06:17	05:35.4	05:18.0	05:13.5	04:44.5	04:21.3
Distance	5k	5m/8k	10k	10m	13.1m	26.2m												
Time	0:15:30	0:25:41	0:32:13	0:53:58	1:11:45	2:31:21												
Pace	05:00.0	05:08.2	05:11.8	05:23.8	05:28.6	05:46.6							0:06:30	05:46.6	05:28.6	05:24.0	04:54.0	04:30.0
Distance	5k	5m/8k	10k	10m	13.1m	26.2m												
Time	0:16:00	0:26:31	0:33:16	0:55:43	1:14:04	2:36:13												
Pace	05:09.7	05:18.1	05:21.9	05:34.3	05:39.2	05:57.8							0:06:43	05:57.8	05:39.2	05:34.5	05:03.5	04:38.7
Distance	5k	5m/8k	10k	10m	13.1m	26.2m												
Time	0:16:30	0:27:20	0:34:18	0:57:27	1:16:23	2:41:06												
Pace	05:19.4	05:28.1	05:32.0	05:44.7	05:49.8	06:08.9							0:06:55	06:08.9	05:49.8	05:44.9	05:13.0	04:47.4
Distance	5k	5m/8k	10k	10m	13.1m	26.2m												
Time	0:17:00	0:28:10	0:35:21	0:59:12	1:18:42	2:45:59												
Pace	05:29.0	05:38.0	05:42.0	05:55.2	06:00.4	06:20.1							0:07:08	06:20.1	06:00.4	05:55.4	05:22.5	04:56.1
Distance	5k	5m/8k	10k	10m	13.1m	26.2m												
Time	0:17:30	0:29:00	0:36:23	1:00:56	1:21:00	2:50:52												
Pace	06:38.7	05:48.0	05:52.1	06:05.6	06:11.0	06:31.3							0:07:20	06:31.3	06:11.0	06:05.8	05:31.9	05:04.8
Distance	5k	5m/8k	10k	10m	13.1m	26.2m												
Time	0:18:00	0:29:50	0:37:25	1:02:41	1:23:19	2:55:45												
Pace	05:48.4	05:57.9	06:02.1	06:16.1	06:21.6	06:42.5							0:07:33	06:42.5	06:21.6	06:16.3	05:41.4	05:13.5
Distance	5k	5m/8k	10k	10m	13.1m	26.2m												
Time	0:18:50	0:30:39	0:38:28	1:04:25	1:25:38	3:00:38												
Pace	05:58.1	06:07.9	06:12.2	06:26.5	06:32.2	06:53.7							0:07:45	06:53.7	06:32.2	06:26.7	05:50.9	05:22.3

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												Easy & Long Run Pace	MARA	H-MARA	Tempo	Long Interval	Short Interval
Distance	5k	5m/8k	10k	10m	13.1m	26.2m											
Time	0:19:00	0:31:29	0:39:30	1:06:09	1:27:57	3:05:31											
Pace	06:07.7	06:17.8	06:22.3	06:36.9	06:42.8	07:04.8	0:07:51	07:04.8	06:42.8	06:33.5	06:00.4	05:31.0					
Distance	5k	5m/8k	10k	10m	13.1m	26.2m											
Time	0:19:30	0:32:19	0:40:32	1:07:54	1:30:16	3:10:24											
Pace	06:17.4	06:27.7	06:32.3	06:47.4	06:53.4	07:16.0	0:08:03	07:16.0	06:53.4	06:43.8	06:09.9	05:39.7					
Distance	5k	5m/8k	10k	10m	13.1m	26.2m											
Time	0:20:00	0:33:08	0:41:35	1:09:38	1:32:35	3:15:17											
Pace	06:27.1	06:37.7	06:42.4	06:57.8	07:04.0	07:27.2	0:08:15	07:27.2	07:04.0	06:54.2	06:19.4	05:48.4					
Distance	5k	5m/8k	10k	10m	13.1m	26.2m											
Time	0:20:30	0:33:58	0:42:37	1:11:23	1:34:54	3:20:10											
Pace	06:36.8	06:47.6	06:52.4	07:08.3	07:14.6	07:38.4	0:08:28	07:38.4	07:14.6	07:04.5	06:28.8	05:57.1					
Distance	5k	5m/8k	10k	10m	13.1m	26.2m											
Time	0:21:00	0:34:48	0:43:40	1:13:07	1:37:13	3:25:03											
Pace	06:46.5	06:57.6	07:02.5	07:18.7	07:25.2	07:49.6	0:08:40	07:49.6	07:25.2	07:14.9	06:38.3	06:05.8					
Distance	5k	5m/8k	10k	10m	13.1m	26.2m											
Time	0:21:30	0:35:38	0:44:42	1:14:52	1:39:31	3:29:56											
Pace	06:56.1	07:07.5	07:12.6	07:29.2	07:35.8	08:00.7	0:08:53	08:00.7	07:35.8	07:25.3	06:47.8	06:14.5					
Distance	5k	5m/8k	10k	10m	13.1m	26.2m											
Time	0:22:00	0:36:37	0:45:44	1:16:36	1:41:50	3:34:48											
Pace	07:05.8	07:17.4	07:22.6	07:39.6	07:46.4	08:11.9	0:09:05	08:11.9	07:46.4	07:35.6	06:57.3	06:23.2					
Distance	5k	5m/8k	10k	10m	13.1m	26.2m											
Time	0:22:30	0:37:17	0:46:47	1:18:21	1:44:09	3:39:41											
Pace	07:15.5	07:27.4	07:32.7	07:50.1	07:57.0	08:23.1	0:09:17	08:23.1	07:57.0	07:46.0	07:06.8	06:31.1					
Distance	5k	5m/8k	10k	10m	13.1m	26.2m											
Time	0:23:00	0:38:07	0:47:49	1:20:05	1:46:28	3:44:34											
Pace	07:52.2	07:37.3	07:42.7	08:00.5	08:07.6	08:34.3	0:09:30	08:34.3	08:07.6	07:56.3	07:16.3	06:40.6					
Distance	5k	5m/8k	10k	10m	13.1m	26.2m											
Time	0:23:30	0:38:56	0:48:51	1:21:50	1:48:47	3:49:27											
Pace	07:34.8	07:47.3	07:52.8	08:11.0	08:18.2	08:45.5	0:09:42	08:45.5	08:18.2	08:06.7	07:25.7	06:49.4					

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											Easy & Long Run Pace		MARA		H-MARA		Tempo		Long Interval		Short Interval	
Distance	5k	5m/8k	10k	10m	13.1m	26.2m																
Time	0:24:00	0:39:46	0:49:54	1:23:34	1:51:06	3:54:20																
Pace	07:44.5	07:57.2	08:02.9	08:21.4	08:28.8	08:56.6					0:09:45		08:56.6		08:28.8		08:12.4		07:35.2		06:58.1	
Distance	5k	5m/8k	10k	10m	13.1m	26.2m																
Time	0:24:30	0:40:36	0:50:56	1:25:19	1:53:25	3:59:13																
Pace	07:54.2	08:07.2	08:12.9	08:31.9	08:39.4	09:07.8					0:09:57		09:07.8		08:39.4		08:22.6		07:44.7		07:06.8	
Distance	5k	5m/8k	10k	10m	13.1m	26.2m																
Time	0:25:00	0:41:25	0:51:58	1:27:03	1:55:43	4:04:06																
Pace	08:03.9	08:17.1	08:23.0	08:42.3	08:50.0	09:19.0					0:10:10		09:19.0		08:50.0		08:32.9		07:54.2		07:15.5	
Distance	5k	5m/8k	10k	10m	13.1m	26.2m																
Time	0:25:30	0:42:15	0:53:01	1:28:47	1:58:02	4:08:59																
Pace	08:13.5	08:27.0	08:33.0	08:52.7	09:00.6	09:30.2					0:10:22		09:30.2		09:00.6		08:43.2		08:03.7		07:24.2	
Distance	5k	5m/8k	10k	10m	13.1m	26.2m																
Time	0:26:00	0:43:05	0:54:03	1:30:32	2:00:21	4:13:52																
Pace	08:23.2	08:37.0	08:43.1	09:03.2	09:11.2	09:41.4					0:10:34		09:41.4		09:11.2		08:53.4		08:13.2		07:32.9	
Distance	5k	5m/8k	10k	10m	13.1m	26.2m																
Time	0:26:30	0:43:55	0:55:06	1:32:16	2:02:40	4:18:45																
Pace	08:32.9	08:46.9	08:53.2	09:13.6	09:21.8	09:52.5					0:10:46		09:52.5		09:21.8		09:03.7		08:22.6		07:41.6	
Distance	5k	5m/8k	10k	10m	13.1m	26.2m																
Time	0:27:00	0:44:44	0:56:08	1:34:01	2:04:59	4:23:38																
Pace	08:42.6	08:56.9	09:03.2	09:24.1	09:32.4	10:03.7					0:10:58		10:03.7		09:32.4		09:13.9		08:32.1		07:50.3	
Distance	5k	5m/8k	10k	10m	13.1m	26.2m																
Time	0:27:30	0:45:34	0:57:10	1:35:45	2:07:18	4:28:31																
Pace	08:52.3	09:06.8	09:13.3	09:34.5	09:43.0	10:14.9					0:11:11		10:14.9		09:43.0		09:24.2		08:41.6		07:59.0	
Distance	5k	5m/8k	10k	10m	13.1m	26.2m																
Time	0:28:00	0:46:24	0:58:13	1:37:30	2:09:37	4:33:24																
Pace	09:01.9	09:16.8	09:23.3	09:45.0	09:53.6	10:26.1					0:11:23		10:26.1		09:53.6		09:34.5		08:51.1		08:07.7	
Distance	5k	5m/8k	10k	10m	13.1m	26.2m																
Time	0:28:30	0:47:13	0:59:15	1:39:14	2:11:56	4:38:16																
Pace	09:11.6	09:26.7	09:33.4	09:55.4	10:04.2	10:37.3					0:11:35		10:37.3		10:04.2		09:44.7		09:00.6		08:16.5	

RRCA PACE CHARTS DEVELOPED BY AMBY BURFOOT

												Easy & Long Run Pace	MARA	H-MARA	Tempo	Long Interval	Short Interval
Distance	5k	5m/8k	10k	10m	13.1m	26.2m											
Time	0:29:00	0:48:03	1:00:17	1:40:59	2:14:14	4:43:09											
Pace	09:21.3	09:36.6	09:43.5	10:05.9	10:14.8	10:48.4						0:11:36	10:48.4	10:14.8	09:49.4	09:10.1	08:25.2
Distance	5k	5m/8k	10k	10m	13.1m	26.2m											
Time	0:29:30	0:48:53	1:01:20	1:42:43	2:16:33	4:48:02											
Pace	09:31.0	09:46.6	09:53.5	10:16.3	10:25.4	10:59.6						0:11:48	10:59.6	10:25.4	09:59.5	09:19.5	08:33.9
Distance	5k	5m/8k	10k	10m	13.1m	26.2m											
Time	0:30:00	0:49:43	1:02:22	1:44:28	2:18:52	4:52:55											
Pace	09:40.6	09:56.5	10:03.6	10:26.8	10:36.0	11:10.8						0:12:00	11:10.8	10:36.0	10:09.7	09:29.0	08:42.6
Distance	5k	5m/8k	10k	10m	13.1m	26.2m											
Time	0:30:30	0:50:32	1:03:25	1:46:12	2:21:11	4:57:48											
Pace	09:50.3	10:06.5	10:13.6	10:37.2	10:46.6	11:22.0						0:12:12	11:22.0	10:46.6	10:19.8	09:38.5	08:51.3
Distance	5k	5m/8k	10k	10m	13.1m	26.2m											
Time	0:31:00	0:51:22	1:04:27	1:47:57	2:23:30	5:02:41											
Pace	10:00.0	10:16.4	10:23.7	10:47.7	10:57.2	11:33.2						0:12:24	11:33.2	10:57.2	10:30.0	09:48.0	09:00.0
Distance	5k	5m/8k	10k	10m	13.1m	26.2m											
Time	0:31:30	0:52:12	1:05:29	1:49:41	2:25:49	5:07:34											
Pace	10:09.7	10:26.3	10:33.8	10:58.1	11:07.8	11:44.3						0:12:36	11:44.3	11:07.8	10:40.2	09:57.5	09:08.7
Distance	5k	5m/8k	10k	10m	13.1m	26.2m											
Time	0:32:00	0:53:01	1:06:35	1:51:25	2:28:08	5:12:27											
Pace	10:19.4	10:36.3	10:43.8	11:08.5	11:18.4	11:55.5						0:12:48	11:55.5	11:18.4	10:50.3	10:07.0	09:17.4
Distance	5k	5m/8k	10k	10m	13.1m	26.2m											
Time	0:32:30	0:53:51	1:07:34	1:53:10	2:30:27	5:17:30											
Pace	10:29.0	10:46.2	10:53.9	11:19.0	11:29.0	12:09.7						0:13:00	12:06.7	11:29.0	11:00.5	10:16.5	09:26.1
Distance	5k	5m/8k	10k	10m	13.1m	26.2m											
Time	0:33:00	0:54:41	1:08:36	1:54:54	2:32:45	5:22:13											
Pace	10:38.7	10:56.2	11:03.9	11:29.4	11:39.7	12:17.9						0:13:12	12:17.9	11:39.7	11:10.6	10:25.9	09:34.8
Distance	5k	5m/8k	10k	10m	13.1m	26.2m											
Time	0:33:30	0:55:31	1:09:39	1:56:39	2:35:04	5:27:06											
Pace	10:48.4	11:06.1	11:14.0	11:39.9	11:50.3	12:29.1						0:13:24	12:29.1	11:50.3	12:20.8	10:35.4	09:43.5

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											Easy & Long Run Pace	MARA	H-MARA	Tempo	Long Interval	Short Interval
Distance	5k	5m/8k	10k	10m	13.1m	26.2m										
Time	0:34:00	0:56:20	1:10:41	1:58:23	2:37:23	5:31:59										
Pace	10:58.1	11:16.1	11:24.1	11:50.3	12:00.9	12:40.3	0:13:36	12:40.3	12:00.9	11:31.0	10:44.9	09:52.3				
Distance	5k	5m/8k	10k	10m	13.1m	26.2m										
Time	0:34:30	0:57:10	1:11:44	2:00:08	2:39:42	5:36:51										
Pace	11:07.7	11:26.0	11:34.1	12:00.8	12:11.5	12:51.4	0:13:48	12:51.4	12:11.5	11:41.1	10:54.4	10:01.0				
Distance	5k	5m/8k	10k	10m	13.1m	26.2m										
Time	0:35:00	0:58:00	1:12:46	2:01:52	2:42:01	5:41:44										
Pace	11:17.4	11:35.9	11:44.2	12:11.2	12:22.1	13:02.6	0:14:00	13:02.6	12:22.1	11:51.3	11:03.9	10:09.7				
Distance	5k	5m/8k	10k	10m	13.1m	26.2m										
Time	0:35:30	0:58:49	1:13:48	2:03:37	2:44:20	5:46:37										
Pace	11:27.1	11:45.9	11:54.2	12:21.7	12:32.7	13:13.8	0:14:12	13:13.8	12:32.7	12:01.5	11:13.4	10:18.4				
Distance	5k	5m/8k	10k	10m	13.1m	26.2m										
Time	0:36:00	0:59:39	1:14:51	2:05:21	2:46:39	5:51:30										
Pace	11:36.8	11:55.8	12:04.3	12:32.1	12:43.3	13:25.0	0:14:24	13:25.0	12:43.3	12:11.6	11:22.8	10:27.1				
Distance	5k	5m/8k	10k	10m	13.1m	26.2m										
Time	0:36:30	1:00:29	1:15:53	2:07:06	2:48:58	5:56:23										
Pace	11:46.5	12:05.8	12:14.4	12:42.6	12:53.9	13:36.2	0:14:36	13:36.2	12:53.9	12:21.8	11:32.3	10:35.8				
Distance	5k	5m/8k	10k	10m	13.1m	26.2m										
Time	0:37:00	1:01:19	1:16:55	2:08:50	2:51:16	6:01:16										
Pace	11:56.1	12:15.7	12:24.4	12:53.0	13:04.5	13:47.3	0:14:48	13:47.3	13:04.5	12:31.9	11:41.8	10:44.5				
Distance	5k	5m/8k	10k	10m	13.1m	26.2m										
Time	0:37:30	1:02:08	1:17:58	2:10:34	2:53:35	6:06:09										
Pace	12:05.8	12:25.6	12:34.5	13:03.4	13:51.1	13:58.5	0:15:00	13:58.5	13:15.1	12:42.1	11:51.3	10:53.2				
Distance	5k	5m/8k	10k	10m	13.1m	26.2m										
Time	0:38:00	1:02:58	1:19:00	2:12:19	2:55:54	6:11:02										
Pace	12:15.5	12:35.6	12:44.5	13:13.9	13:25.7	14:09.7	0:15:12	14:09.7	13:25.7	12:52.3	12:00.8	11:01.9				
Distance	5k	5m/8k	10k	10m	13.1m	26.2m										
Time	0:38:30	1:03:48	1:20:02	2:14:03	2:58:13	6:15:55										
Pace	12:25.2	12:45.5	12:54.6	13:24.3	13:36.3	14:20.9	0:15:24	14:20.9	13:36.3	13:02.4	12:10.3	11:10.6				

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									Easy & Long Run Pace	MARA	H-MARA	Tempo	Long Interval	Short Interval
Distance	5k	5m/8k	10k	10m	13.1m	26.2m								
Time	0:39:00	1:04:37	1:21:05	2:15:48	3:00:32	6:20:48								
Pace	12:34.8	12:55.5	13:04.7	13:34.8	13:46.9	14:32.1		0:15:36	14:32.1	13:46.9	13:12.6	12:19.7	11:19.4	
Distance	5k	5m/8k	10k	10m	13.1m	26.2m								
Time	0:39:30	1:05:27	1:22:07	2:17:32	3:02:51	6:25:41								
Pace	12:44.5	13:05.4	13:14.7	13:45.2	13:57.5	14:43.2		0:15:48	14:43.2	13:57.5	13:22.7	12:29.2	11:28.1	
Distance	5k	5m/8k	10k	10m	13.1m	26.2m								
Time	0:40:00	1:06:17	1:23:10	2:19:17	3:05:10	6:30:34								
Pace	12:54.2	13:15.4	13:24.8	13:55.7	14:08.1	14:54.4		0:16:00	14:54.4	14:08.1	13:32.9	12:38.7	11:36.8	