

Denmead Striders Running Club - Training Pace Guide

5K Pace	% Faster	Training Pace	1600	1200	1000	800	700	600	500	400	300	200	100	5K Time	Handicap Time	Min/Mile
00:03:00	10%	00:02:42	00:04:19	00:03:14	00:02:42	00:02:10	00:01:53	00:01:37	00:01:21	00:01:05	00:00:49	00:00:32	00:00:16	00:15:00	00:16:18	00:04:50
00:03:15	10%	00:02:56	00:04:41	00:03:31	00:02:56	00:02:20	00:02:03	00:01:45	00:01:28	00:01:10	00:00:53	00:00:35	00:00:18	00:16:15	00:17:40	00:05:14
00:03:30	10%	00:03:09	00:05:02	00:03:47	00:03:09	00:02:31	00:02:12	00:01:53	00:01:35	00:01:16	00:00:57	00:00:38	00:00:19	00:17:30	00:19:02	00:05:38
00:03:45	10%	00:03:23	00:05:24	00:04:03	00:03:23	00:02:42	00:02:22	00:02:02	00:01:41	00:01:21	00:01:01	00:00:41	00:00:20	00:18:45	00:20:23	00:06:02
00:04:00	10%	00:03:36	00:05:46	00:04:19	00:03:36	00:02:53	00:02:31	00:02:10	00:01:48	00:01:26	00:01:05	00:00:43	00:00:22	00:20:00	00:21:45	00:06:26
00:04:15	10%	00:03:50	00:06:07	00:04:35	00:03:50	00:03:04	00:02:41	00:02:18	00:01:55	00:01:32	00:01:09	00:00:46	00:00:23	00:21:15	00:23:06	00:06:50
00:04:30	10%	00:04:03	00:06:29	00:04:52	00:04:03	00:03:14	00:02:50	00:02:26	00:02:01	00:01:37	00:01:13	00:00:49	00:00:24	00:22:30	00:24:28	00:07:14
00:04:45	10%	00:04:16	00:06:50	00:05:08	00:04:16	00:03:25	00:03:00	00:02:34	00:02:08	00:01:43	00:01:17	00:00:51	00:00:26	00:23:45	00:25:49	00:07:39
00:05:00	10%	00:04:30	00:07:12	00:05:24	00:04:30	00:03:36	00:03:09	00:02:42	00:02:15	00:01:48	00:01:21	00:00:54	00:00:27	00:25:00	00:27:11	00:08:03
00:05:15	10%	00:04:43	00:07:34	00:05:40	00:04:43	00:03:47	00:03:18	00:02:50	00:02:22	00:01:53	00:01:25	00:00:57	00:00:28	00:26:15	00:28:32	00:08:27
00:05:30	10%	00:04:57	00:07:55	00:05:56	00:04:57	00:03:58	00:03:28	00:02:58	00:02:28	00:01:59	00:01:29	00:00:59	00:00:30	00:27:30	00:29:54	00:08:51
00:05:45	10%	00:05:10	00:08:17	00:06:13	00:05:10	00:04:08	00:03:37	00:03:06	00:02:35	00:02:04	00:01:33	00:01:02	00:00:31	00:28:45	00:31:15	00:09:15
00:06:00	10%	00:05:24	00:08:38	00:06:29	00:05:24	00:04:19	00:03:47	00:03:14	00:02:42	00:02:10	00:01:37	00:01:05	00:00:32	00:30:00	00:32:37	00:09:39
00:06:15	10%	00:05:38	00:09:00	00:06:45	00:05:38	00:04:30	00:03:56	00:03:23	00:02:49	00:02:15	00:01:41	00:01:08	00:00:34	00:31:15	00:33:59	00:10:03
00:06:30	10%	00:05:51	00:09:22	00:07:01	00:05:51	00:04:41	00:04:06	00:03:31	00:02:56	00:02:20	00:01:45	00:01:10	00:00:35	00:32:30	00:35:20	00:10:28
00:06:45	10%	00:06:04	00:09:43	00:07:17	00:06:04	00:04:52	00:04:15	00:03:39	00:03:02	00:02:26	00:01:49	00:01:13	00:00:36	00:33:45	00:36:42	00:10:52
00:07:00	10%	00:06:18	00:10:05	00:07:34	00:06:18	00:05:02	00:04:25	00:03:47	00:03:09	00:02:31	00:01:53	00:01:16	00:00:38	00:35:00	00:38:03	00:11:16
00:07:15	10%	00:06:31	00:10:26	00:07:50	00:06:31	00:05:13	00:04:34	00:03:55	00:03:16	00:02:37	00:01:57	00:01:18	00:00:39	00:36:15	00:39:25	00:11:40
00:07:30	10%	00:06:45	00:10:48	00:08:06	00:06:45	00:05:24	00:04:43	00:04:03	00:03:22	00:02:42	00:02:01	00:01:21	00:00:40	00:37:30	00:40:46	00:12:04
00:07:45	10%	00:06:59	00:11:10	00:08:22	00:06:59	00:05:35	00:04:53	00:04:11	00:03:29	00:02:47	00:02:06	00:01:24	00:00:42	00:38:45	00:42:08	00:12:28
00:08:00	10%	00:07:12	00:11:31	00:08:38	00:07:12	00:05:46	00:05:02	00:04:19	00:03:36	00:02:53	00:02:10	00:01:26	00:00:43	00:40:00	00:43:29	00:12:52
00:08:15	10%	00:07:26	00:11:53	00:08:55	00:07:26	00:05:56	00:05:12	00:04:27	00:03:43	00:02:58	00:02:14	00:01:29	00:00:45	00:41:15	00:44:51	00:13:16
00:08:30	10%	00:07:39	00:12:14	00:09:11	00:07:39	00:06:07	00:05:21	00:04:35	00:03:50	00:03:04	00:02:18	00:01:32	00:00:46	00:42:30	00:46:12	00:13:41
00:08:45	10%	00:07:52	00:12:36	00:09:27	00:07:52	00:06:18	00:05:31	00:04:44	00:03:56	00:03:09	00:02:22	00:01:35	00:00:47	00:43:45	00:47:34	00:14:05
00:09:00	10%	00:08:06	00:12:58	00:09:43	00:08:06	00:06:29	00:05:40	00:04:52	00:04:03	00:03:14	00:02:26	00:01:37	00:00:49	00:45:00	00:48:55	00:14:29
00:09:15	10%	00:08:19	00:13:19	00:09:59	00:08:19	00:06:40	00:05:50	00:05:00	00:04:10	00:03:20	00:02:30	00:01:40	00:00:50	00:46:15	00:50:17	00:14:53
00:09:30	10%	00:08:33	00:13:41	00:10:16	00:08:33	00:06:50	00:05:59	00:05:08	00:04:17	00:03:25	00:02:34	00:01:43	00:00:51	00:47:30	00:51:39	00:15:17
00:09:45	10%	00:08:47	00:14:02	00:10:32	00:08:47	00:07:01	00:06:09	00:05:16	00:04:23	00:03:31	00:02:38	00:01:45	00:00:53	00:48:45	00:53:00	00:15:41
00:10:00	10%	00:09:00	00:14:24	00:10:48	00:09:00	00:07:12	00:06:18	00:05:24	00:04:30	00:03:36	00:02:42	00:01:48	00:00:54	00:50:00	00:54:22	00:16:05

The table above shows what pace you should be aiming for when the coaches request you run at 10% faster than your 5K pace. Times above are given in hh:mm:ss.

If you run a distance of 5K (3.1 miles) in a time of 30 minutes then your 5K pace is 6 minutes per kilometre.

Using the above 5K pace as an example. If the club session is 4x800M repetitions at 10% faster than 5K pace. The club member would be aiming to run each 800M in 4min:19secs.