

# 2026 LRC 5K TRAINING GUIDE

## ABOUT THIS PROGRAM

This program was designed to work for runners new to the 5k distance as well as those seeking improved performance.

In this program, we use the term *running* to refer to: running, run/walking, jogging, fitness walking, or walking. When we use running and jogging in a workout, running = harder effort and jogging = recovery effort – use effort to guide your pace.

The Saturday run for the 5k plan starts at 30 minutes and builds to 60 minutes with a cutback week halfway through. This cutback week is also known as a de-loading week and should be part of any progressive overload training plan.

## QUICK START NOTES

**These topics will be expanded upon in the program's educational topics.**

**Fuel your runs:** This means that you need to eat a little something before your early morning run, or time your other meals/snacks based on when you will run. Once your runs increase to over 60 minutes, you also need to eat during your run. The target is 30 grams (120 calories) to 75 grams (300 calories) of carbohydrates per hour, depending on the total run duration and your intensity. No matter where on the pace spectrum you fall, you should plan to consume some carbohydrates every 15 – 20 minutes.

**Hydrate:** Drink to thirst, but plan to drink every 20-30 minutes so you don't drink a lot at once and end up with a sloshy stomach.

**Sleep:** Get 7 – 9 hours per night. It's the most important aspect of training after getting time on your feet.

**Shoes:** If you can't remember how old your trainers are, or you've been running consistently three days a week for 3-6 months and haven't gotten a new pair, it might be time.

**Discomfort/ Pain:** You should 100% expect to be uncomfortable. Growth happens when you are uncomfortable – whatever you endeavor you pursue. You need to distinguish between being uncomfortable versus something that suggests you need to adjust your training or take some time off. Runners experience overuse injuries from trying to do too

much, in too little time, or at too fast a pace. Take things slow and use the discomfort to guide you.

**Stretching:** Research has proven there are no benefits to static stretching before or after a run. If you want to become more flexible, that is a separate practice. You should NOT stretch if something feels tight or sore. Your muscle tension is controlled by your brain, and the tightness may simply be that your brain has determined that restricting movement is the best course of action under the circumstances (training load and/or stress load). In most cases, you are not really lengthening your muscle, you are retraining your nervous system to allow a greater range of motion and to be able to tolerate a higher pain level. Stretching doesn't always improve range of motion - sometimes the only improvement you may see is when you are static stretching.

**Strengthening:** Yes, strength training can help you. But you can't start multiple progressive overload programs simultaneously. Strength training for running should be boring. The six basic movements: hinge, squat, lunge, push, pull, and carry are sufficient. Two sessions per week for about 20-30 minutes is enough to support running. Once you are proficient at double leg movements with no pain, you can progress to single leg variations -> bodyweight squat to weighted goblet squat to single leg Bulgarian split squats. If you aren't already strength training, save it for after the program wraps up.

**Heat Illness:** Warm temperatures can be detrimental to performance and your health, and heatstroke can result in permanent disability or death. Please take a few minutes to read our guide on [Hot Weather Running](#) (temperatures over 70° F).

### **Why you should have the run/walk method as a tool in your training toolbox.**

Olympian Jeff Galloway helped popularize the run/walk method as a way for runners of all paces to manage fatigue, reduce aches and pains, and reach big goals. It's an excellent approach for new runners or anyone moving up to a longer distance because it allows more time on your feet while steadily building endurance. Run/walk is also a smart option when returning from injury or when you want to lessen the strain on your body. And on days when it's very hot—or when motivation is low—this method can make getting out the door feel much more doable.

This table shows the run/walk interval that Jeff Galloway recommends for a pace range, but you can use whatever works for you, and you do not always have to use the same interval. You don't have to have a goal to be able to run without breaks, there are so many ways to make running work for your current fitness and ability.

Pace Range	Run/Walk Interval	Pace Range	Run/Walk Interval
08:00 - 09:00	4:00 / 0:30	13:00 - 14:00	0:30 / 0:30
09:00 - 10:00	2:30 / 0:30	14:00 - 15:00	0:15 / 0:30
10:00 - 11:00	1:30 / 0:30	15:00 - 16:00	0:15 / 0:30
11:00 - 12:00	1:00 / 0:30	16:00 - 17:00	0:10 / 0:30
12:00 - 13:00	0:30 / 0:30	17:00+	0:05 / 0:30

## Paces

Most of your running should be done at EASY pace. Easy is also known as conversational pace, recovery, or long run pace. You should be able to easily run and talk or sing at the same time.

Your easy pace is a range and can vary daily based on the temperature, your overall fatigue, and your current stress level. You should feel like you are holding yourself back.

## Weekday training is in minutes vs miles

Running for time works for everyone, regardless of their pace. It also keeps the weekday runs from adding too much fatigue. 30 minutes at the prescribed effort results in the same physiological benefit for everyone, regardless of their pace. Having a range lets you be in control of your training and adapt the program to work with your schedule. You can go as slow as you need to or run less time on the days you need to and feel good about what you accomplished.

## If you miss a run

If everything else stays consistent and you aren't experiencing any issues, you can pick back up per the schedule. If you miss a week or more, you'll want to backtrack a few weeks so you don't overdo it.

## Do I have to run on the assigned days or can I move them around?

If you have 3 days of easy running scheduled a week, include a recovery day after each run. A recovery day doesn't necessarily mean no activity, but the effort level should be low intensity, so it doesn't add to your cumulative fatigue. At least one day per week of rest (no activity) is recommended.

If you have a workout, you want to make sure that you don't do the workout back-to-back with your long run. A recovery or easy day after a harder run is recommended, and what you can tolerate can depend on many variables like age, sleep, years of training experience, prior injury history, etc., only you can know what you can tolerate.

## Lakeland Runners Club 2026 Spring Ahead Training 3 days per Week

\*cross training for runners is exercise that has componets similar to running - so walking, cycling, swimming, elliptical are options here

Week	Sunday Date	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday long run (minutes)
1	1/11	rest	30-40 minute EASY run	30-40 minute EASY run	30-40 minute EASY run	walk or rest	30 minute EASY run	30
2	1/18	rest	30-40 minute EASY run	Threshold 1	30-40 minute EASY run	walk or rest	30 minute EASY run	35
3	1/25	rest	40-50 minute EASY run	Threshold 2	40-50 minute EASY run	walk or rest	30 minute EASY run	40
4	2/1	rest	40-50 minute EASY run	Threshold 3	40-50 minute EASY run	walk or rest	30 minute EASY run	45
5	2/8	rest	40-50 minute EASY run	40-60 minute EASY run	40-50 minute EASY run	walk or rest	30 minute EASY run	35
6	2/15	rest	50-60 minute EASY run	Intervals 1	50-60 minute EASY run	walk or rest	30 minute EASY run	45
7	2/22	rest	50-60 minute EASY run	Intervals 2	50-60 minute EASY run	walk or rest	30 minute EASY run	50
8	3/1	rest	50-60 minute EASY run	Intervals 3	50-60 minute EASY run	walk or rest	30 minute EASY run	55
9	3/8	rest	40-60 minute EASY run	Mix 1	40-60 minute EASY run	walk or rest	30 minute EASY run	60
10	3/15	rest	40-60 minute EASY run	Mix 2	40-60 minute EASY run	walk or rest	30 minute EASY run	30
11	3/22	rest	20-30 minute EASY run	Race Week	20-30 minute EASY run	walk or rest	rest	5k

## 2026 5K TRAINING WORKOUTS EXPLAINED

Workouts have three components:

1. Warm Up. This is a period of easy running to limber up, raise your heartrate, and ready your body for a harder effort.
2. Workout Prep. This is a 2 to 5 minute break between the warm up and the workout where you can grab a drink, shed a layer, go to the bathroom, and do dynamic drills if you wish.
3. The “workout”
4. Cooldown. Another period of easy running to allow your heartrate to come back down and to add additional volume to your running plan.

Reference the RRCA Pace Chart in the appendix to find your Threshold, Long Interval and Short Interval paces. The chart is built on 30 second intervals for 5k results, so if you are between results, use a pace between the paces given.

	5k				10k	13.1	26.2	Easy/Long	Lactate Threshold Tempo	Long Intervals (more than 2:00 minutes and less than 5:00 minutes per rep)	Short Intervals (less than 2:00 minutes per rep)
Time	0:25:30	0:53:01	1:58:02	4:08:59				0:10:22	0:08:43	0:08:04	0:07:24
Pace	0:08:14	0:08:33	0:09:01	0:09:30							
Time	0:26:00	0:54:03	2:00:21	4:13:52				0:10:34	0:08:53	0:08:13	0:07:32
Pace	0:08:23	0:08:43	0:09:11	0:09:41							
Time	0:26:30	0:55:06	2:02:40	4:18:45				0:10:46	0:09:03	0:08:23	0:07:42
Pace	0:08:33	0:08:53	0:09:22	0:09:53							
Time	0:27:00	0:56:08	2:04:59	4:23:38				0:10:58	0:09:14	0:08:32	0:07:50
Pace	0:08:43	0:09:03	0:09:32	0:10:04							

Workout Example (for someone with a **27:00** min 5k time, see yellow highlight in chart above).

4 x (60 sec Short Interval pace, 60 sec jog recovery)

Run for 60 seconds at **7:50** minute/mile, followed by 60 seconds of jogging to recover, then repeat three more times for a total of 4 repetitions.

If you have a Garmin, Coros, or Apple device you may be able to program the workouts with their associated app.

**THRESHOLD** - A threshold run is the next phase of becoming a stronger runner. If you run at the correct pace, a threshold run helps your body learn to process energy more efficiently improving your stamina and endurance.

Run a threshold run too fast, and your body can't take advantage of learning to clear lactate, and it will be like racing in training with no benefit.

**If you use the run/walk method to run, attempt these threshold workouts with a straight run.** They will help build mental strength as well, which can help you stay positive as you run longer distances.

Workout Name	Workout Description
Threshold 1	Warmup: 20 minutes easy pace Workout Prep: 5 minutes Workout: 2 x 4 minutes at threshold pace, with 1 minute jog recovery Cooldown: 20 minutes easy pace
Threshold 2	Warmup: 20 minutes easy pace Workout Prep: 5 minutes Workout: 3 x 4 minutes at threshold pace, with 1 minute jog recovery Cooldown: 20 minutes easy pace
Threshold 3	Warmup: 20 minutes easy pace Workout Prep: 5 minutes Workout: 4 x 4 minutes at threshold pace, with 1 minute jog recovery Cooldown: 20 minutes easy pace

**INTERVALS** – Long intervals (over 3 minutes) are to help you improve your VO2 Max or your ability to utilize oxygen. This is not top speed, but you may hit your max heart rate. Even if you do run faster, you are not gaining additional benefits, and you may not be able to complete the workout with good mechanics.

Short intervals are to practice fast, relaxed running. The pace should never feel forced. The intervals are fast, but not necessarily "hard," because the intervals are relatively short and are followed by relatively long recoveries. Each interval should feel no more difficult than the previous run, because the purpose of these intervals is to improve speed and economy and you can not get faster (nor more economical) if you are not running relaxed.

Workout Name	Workout Description
Intervals 1	Warmup: 20 minutes easy pace Workout Prep: 5 minutes Workout: 3 x 3 minutes at long interval pace, with 2-minute jog recovery 3 x 45 seconds at short interval pace, with 90 second jog recovery Cooldown: 20 minutes easy pace
Intervals 2	Warmup: 20 minutes easy pace Workout Prep: 5 minutes Workout: 4 x 3 minutes at long interval pace, with 2-minute jog recovery 3 x 60 seconds at short interval pace, with 2-minute jog recovery Cooldown: 20 minutes easy pace
Intervals 3	Warmup: 20 minutes easy pace Workout Prep: 5 minutes Workout: 3 x 4 minutes at long interval pace, with 2-minute jog recovery 4 x 60 seconds at short interval pace, with 2-minute jog recovery Cooldown: 20 minutes easy pace

**MIXED** – In these final weeks, we want to maintain your fitness and work on both endurance and speed as we get closer to race week.

<p>Mix 1</p>	<p>Warmup: 20 minutes easy pace          Workout Prep: 5 minutes          Workout:          1 x 5 minutes at threshold pace, with 1 minute jog recovery          2 x 4 minutes at long interval pace, with 2-minute jog recovery          2 x 60 seconds at short interval pace, with 2-minute jog recovery          Cooldown: 20 minutes easy pace</p>
<p>Mix 2</p>	<p>Warmup: 20 minutes easy pace          Workout Prep: 5 minutes          Workout:          2 x 60 seconds at short interval pace, with 2-minute jog recovery          2 x 4 minutes at long interval pace, with 2-minute jog recovery          1 x 5 minutes at threshold pace          Cooldown: 20 minutes easy pace</p>

**RACE WEEK** – this is a light workout to shake out the nerves and do a little bit of faster paced running. This pace should be slower than your long interval pace.

<p><b>Workout Name</b></p>	<p><b>Workout Description</b></p>
<p>Race Week Prep</p>	<p>Warmup: 10 minutes easy pace          Workout Prep: 5 minutes          Workout:          6 x 1 minutes at 5k pace, with 2 minute jog recovery          Cooldown: 10 minutes easy pace</p>

Elite athletes do 70% to 90% of their training at an easy pace. They might do 20% at Tempo or Interval pace. They do some, but very little, at a faster pace. How can you run fast when so much of your running is at a slow pace? The answer is part "magic," part "that's how even world-record-holders train," and part "that's what the occasional faster runs are for"

For simplicity's sake, these tables provide only one training pace per runner. However, it should be understood that this is a midpoint pace - in the middle of the range of paces - and that somewhat faster and somewhat slower paces might be just as good as long as the runner feels relaxed and comfortable. A runner should aim for what feels easy and comfortable on the day. **Do NOT always aim for the fast end of the range.** No pace is gospel, it's just a guideline.

Use of the pace charts assumes the runner is using recent data and is aligned with their current fitness levels. Don't use data from 10 years ago, and don't begin with a future goal time. To do so increases risk of injury and/or overtraining.

One recommendation before beginning a 12-16 week training cycle for a goal race is to build a base of 50 hours of easy running that includes strides 1-2 times per week. This phase increases mitochondria density and extends the capillary network that will enhance the next phase of training.

Remember: you are where you are. Predictions for a future race time are best made with distances closer to the goal race distance. A 5k is a better predictor of a 10k than a marathon, and half marathon is better predictor of a marathon than a 5k.

**Lactate Threshold Tempo** - Maximum of 20 minutes steady, maximum of 30 minutes broken into 5:1 ratios (5:1 examples - 3x5 minutes [15 minutes tempo] where after each 5 minute run there is a 1 minute rest. OR 3x10 minutes [10 minute tempo] with 2 minutes rest after each 10 minutes)

**Intervals (longer than 600 m)** - Single rep must be 5:00 minutes or less (so 800, 1000, 1200, mile not applicable if over 5:00 minutes)  
Total amount of work should max out at 15 to 20 minutes. Recovery duration should be 50% to 90% of repetition duration.

**Intervals (600 m & shorter)** - Single rep must be 2:00 minutes or less (so 400m, 600m not applicable if over 2:00 minutes)  
Total amount of work should max out at 15 to 20 minutes. Recovery duration should be 2 to 3 times as long as the repetition.

Race Finish Times - Use Recent Race Results then use the columns on the right to determine training paces.

Training Pace for workouts - see guidelines above for maximum durations at each pace. Easy/long pace should make up 80% - 90% of your weekly training duration.

	5k	10k	13.1	26.2	Easy/Long	Lactate Threshold Tempo	Long Intervals (more than 2:00 minutes and less than 5:00 minutes per rep)	Short Intervals (less than 2:00 minutes per rep)
Time	0:14:00	0:29:06	1:04:48	2:16:42				
Pace	0:04:31	0:04:41	0:04:56	0:05:13	0:05:52	0:04:52	0:04:25	0:04:03
Time	0:14:30	0:30:09	1:07:07	2:21:35				
Pace	0:04:40	0:04:51	0:05:07	0:05:24	0:06:05	0:05:03	0:04:35	0:04:12
Time	0:15:00	0:31:11	1:09:26	2:26:28				
Pace	0:04:50	0:05:01	0:05:18	0:05:35	0:06:17	0:05:14	0:04:44	0:04:21
Time	0:15:30	0:32:13	1:11:45	2:31:21				
Pace	0:05:00	0:05:11	0:05:29	0:05:47	0:06:30	0:05:24	0:04:54	0:04:30
Time	0:16:00	0:33:16	1:14:04	2:36:13				
Pace	0:05:10	0:05:22	0:05:39	5:58:00	0:06:43	0:05:34	0:05:03	0:04:39
Time	0:16:30	0:34:18	1:16:23	2:41:06				
Pace	0:05:19	0:05:32	0:05:49	0:06:08	0:06:55	0:05:44	0:05:13	0:04:47
Time	0:17:00	0:35:21	1:18:42	2:45:59				
Pace	0:05:29	0:05:42	0:06:00	0:06:20	0:07:08	0:05:55	0:05:22	0:04:56
Time	0:17:30	0:36:23	1:21:00	2:50:52				
Pace	0:05:38	0:05:52	0:06:11	0:06:31	0:07:20	0:06:05	0:05:31	0:05:04
Time	0:18:00	0:37:25	1:23:19	2:55:45				
Pace	0:05:48	0:06:02	0:06:21	0:06:42	0:07:33	0:06:16	0:05:41	0:05:13
Time	0:18:30	0:38:28	1:25:38	3:00:38				
Pace	0:05:58	0:06:12	0:06:32	0:06:32	0:07:45	0:06:32	0:05:50	0:05:22
Time	0:19:00	0:39:30	1:27:57	3:05:31				
Pace	0:06:07	0:06:22	0:06:42	0:07:04	0:07:51	0:06:33	0:06:00	0:05:31
Time	0:19:30	0:40:32	1:30:16	3:10:24				
Pace	0:06:17	0:06:32	0:06:53	0:07:16	0:08:03	0:06:43	0:06:09	0:05:39
Time	0:20:00	0:41:35	1:32:35	3:15:17				
Pace	0:06:27	0:06:42	0:07:04	0:07:27	0:08:15	0:06:54	0:06:19	0:05:48

Race Finish Times - Use Recent Race Results then use the columns on the right to determine training paces.

Training Pace for workouts - see guidelines above for maximum durations at each pace. Easy/long pace should make up 80% - 90% of your weekly training duration.

	5k	10k	13.1	26.2	Easy/Long	Lactate Threshold Tempo	Long Intervals (more than 2:00 minutes and less than 5:00 minutes per rep)	Short Intervals (less than 2:00 minutes per rep)
Time	0:20:30	0:42:37	1:34:54	3:20:10				
Pace	0:06:37	0:06:52	0:07:15	0:07:38	0:08:28	0:07:04	0:06:28	0:05:57
Time	0:21:00	0:43:40	1:37:13	3:25:03				
Pace	0:06:46	0:07:03	0:07:25	0:07:50	0:08:40	0:07:14	0:06:38	0:06:05
Time	0:21:30	0:44:42	1:39:31	3:29:56				
Pace	0:06:56	0:07:13	0:07:36	0:08:01	0:08:53	0:07:25	0:06:47	0:06:14
Time	0:22:00	0:45:44	1:41:50	3:34:48				
Pace	0:07:06	0:07:23	0:07:46	0:08:12	0:09:05	0:07:35	0:06:57	0:06:23
Time	0:22:30	0:46:47	1:44:09	3:39:41				
Pace	0:07:15	0:07:33	0:07:57	0:08:23	0:09:17	0:07:46	0:07:06	0:06:31
Time	0:23:00	0:47:49	1:46:28	3:44:34				
Pace	0:07:25	0:07:43	0:08:08	0:08:34	0:09:30	0:07:56	0:07:16	0:06:40
Time	0:23:30	0:48:51	1:48:47	3:49:27				
Pace	0:07:35	0:07:53	0:08:18	0:08:45	0:09:42	0:08:06	0:07:25	0:06:49
Time	0:24:00	0:49:54	1:51:06	3:54:20				
Pace	0:07:45	0:08:03	0:08:29	0:08:57	0:09:45	0:08:12	0:07:35	0:06:58
Time	0:24:30	0:50:56	1:53:25	3:59:13				
Pace	0:07:54	0:08:13	0:08:39	0:09:08	0:09:57	0:08:22	0:07:44	0:07:06
Time	0:25:00	0:51:58	1:55:43	4:04:06				
Pace	0:08:04	0:08:23	0:08:50	0:09:19	0:10:10	0:08:33	0:07:54	0:07:15
Time	0:25:30	0:53:01	1:58:02	4:08:59				
Pace	0:08:14	0:08:33	0:09:01	0:09:30	0:10:22	0:08:43	0:08:04	0:07:24
Time	0:26:00	0:54:03	2:00:21	4:13:52				
Pace	0:08:23	0:08:43	0:09:11	0:09:41	0:10:34	0:08:53	0:08:13	0:07:32
Time	0:26:30	0:55:06	2:02:40	4:18:45				
Pace	0:08:33	0:08:53	0:09:22	0:09:53	0:10:46	0:09:03	0:08:23	0:07:42

Race Finish Times - Use Recent Race Results then use the columns on the right to determine training paces.

Training Pace for workouts - see guidelines above for maximum durations at each pace. Easy/long pace should make up 80% - 90% of your weekly training duration.

	5k	10k	13.1	26.2	Easy/Long	Lactate Threshold Tempo	Long Intervals (more than 2:00 minutes and less than 5:00 minutes per rep)	Short Intervals (less than 2:00 minutes per rep)
Time	0:27:00	0:56:08	2:04:59	4:23:38				
Pace	0:08:43	0:09:03	0:09:32	0:10:04	0:10:58	0:09:14	0:08:32	0:07:50
Time	0:27:30	0:57:10	2:07:18	4:28:31				
Pace	0:08:52	0:09:13	0:09:43	0:10:15	0:11:11	0:09:24	0:08:42	0:07:59
Time	0:28:00	0:58:13	2:09:37	4:33:24				
Pace	0:09:02	0:09:23	0:09:54	0:10:26	0:11:23	0:09:34	0:08:51	0:08:07
Time	0:28:30	0:59:15	2:11:56	4:38:16				
Pace	0:09:12	0:09:33	0:10:04	0:10:37	0:11:35	0:09:44	0:09:00	0:08:16
Time	0:29:00	1:00:17	2:14:14	4:43:09				
Pace	0:09:21	0:09:43	0:10:15	0:10:48	0:11:36	0:09:49	0:09:10	0:08:25
Time	0:29:30	1:01:20	2:16:33	4:48:02				
Pace	0:09:31	0:09:54	0:10:25	0:11:00	0:11:48	0:09:59	0:09:20	0:08:34
Time	0:30:00	1:02:22	2:18:52	4:52:55				
Pace	0:09:41	0:13:24	0:14:08	0:14:54	0:12:00	0:10:09	0:09:29	0:08:42
Time	0:30:30	1:03:25	2:21:11	4:57:48				
Pace	0:09:50	0:13:34	0:14:19	0:15:06	0:12:12	0:10:20	0:09:39	0:08:51
Time	0:31:00	1:04:27	2:23:30	5:02:41				
Pace	0:10:00	0:13:44	0:14:29	0:15:17	0:12:24	0:10:30	0:09:48	0:09:00
Time	0:31:30	1:05:29	2:25:49	5:07:34				
Pace	0:10:10	0:13:54	0:14:40	0:15:28	0:12:36	0:10:40	0:09:57	0:09:08
Time	0:32:00	1:06:31	2:28:08	5:12:27				
Pace	0:10:19	0:14:04	0:14:51	0:15:39	0:12:48	0:10:50	0:10:06	0:09:17
Time	0:32:30	1:07:33	2:30:27	5:17:20				
Pace	0:10:29	0:14:14	0:15:01	0:15:50	0:13:00	0:11:01	0:10:16	0:09:25
Time	0:33:00	1:08:35	2:32:46	5:22:13				
Pace	0:10:39	0:14:24	0:15:12	0:16:02	0:13:12	0:11:11	0:10:25	0:09:34

Race Finish Times - Use Recent Race Results then use the columns on the right to determine training paces.

Training Pace for workouts - see guidelines above for maximum durations at each pace. Easy/long pace should make up 80% - 90% of your weekly training duration.

	5k	10k	13.1	26.2	Easy/Long	Lactate Threshold Tempo	Long Intervals (more than 2:00 minutes and less than 5:00 minutes per rep)	Short Intervals (less than 2:00 minutes per rep)
Time	0:33:30	1:09:37	2:35:05	5:27:06				
Pace	0:10:48	0:14:34	0:15:23	0:16:13	0:13:24	0:11:21	0:10:35	0:09:43
Time	0:34:00	1:10:39	2:37:24	5:31:59				
Pace	0:10:58	0:14:44	0:15:33	0:16:24	0:13:36	0:11:31	0:10:44	0:09:51
Time	0:34:30	1:11:41	2:39:43	5:36:52				
Pace	0:11:08	0:14:54	0:15:44	0:16:35	0:13:48	0:11:42	0:10:54	0:10:00
Time	0:35:00	1:12:43	2:42:02	5:41:45				
Pace	0:11:17	0:15:04	0:15:54	0:16:46	0:14:00	0:11:51	0:11:03	0:10:09
Time	0:35:30	1:13:45	2:44:21	5:41:45				
Pace	0:11:27	0:15:14	0:16:05	0:16:57	0:14:12	0:12:01	0:11:13	0:10:17
Time	0:36:00	1:14:47	2:46:40	5:51:31				
Pace	0:11:37	0:15:24	0:16:16	0:17:09	0:14:24	0:12:11	0:11:22	0:10:26
Time	0:36:30	1:15:49	2:48:59	5:56:24				
Pace	0:11:46	0:15:34	0:16:26	0:17:20	0:14:36	0:12:22	0:11:32	0:10:35
Time	0:37:00	1:16:51	2:51:18	6:01:17				
Pace	0:11:56	0:15:44	0:16:37	0:17:31	0:14:48	0:12:32	0:11:41	0:10:43
Time	0:37:30	1:16:51	2:51:18	6:01:17				
Pace	0:12:06	0:15:54	0:16:47	0:17:42	0:15:00	0:12:42	0:11:51	0:10:52
Time	0:38:00	1:18:55	2:55:56	6:11:03				
Pace	0:12:15	0:16:04	0:16:58	0:17:53	0:15:12	0:12:52	0:12:00	0:11:01
Time	0:38:30	1:19:57	2:58:56	6:11:03				
Pace	0:12:25	0:16:14	0:17:09	0:18:05	0:15:24	0:13:03	0:12:10	0:11:09
Time	0:39:00	1:20:59	3:00:34	6:20:49				
Pace	0:12:35	0:16:24	0:17:19	0:18:16	0:15:36	0:13:13	0:12:19	0:11:18
Time	0:39:30	1:22:01	3:02:53	6:20:49				
Pace	0:12:45	0:16:34	0:17:30	0:18:27	0:15:48	0:13:23	0:12:28	0:11:27

**Race Finish Times - Use Recent Race Results then use the columns on the right to determine training paces.**

**Training Pace for workouts - see guidelines above for maximum durations at each pace. Easy/long pace should make up 80% - 90% of your weekly training duration.**

	5k	10k	13.1	26.2	Easy/Long	Lactate Threshold Tempo	Long Intervals (more than 2:00 minutes and less than 5:00 minutes per rep)	Short Intervals (less than 2:00 minutes per rep)
Time	0:40:00	1:23:03	3:05:12	6:30:35				
Pace	0:12:54	0:13:24	0:14:08	0:14:54	0:16:00	0:13:33	0:12:38	0:11:35
Time	0:40:30	1:24:05	3:07:31	6:35:28				
Pace	0:13:04	0:13:34	0:14:19	0:15:06	0:16:12	0:13:44	0:12:47	0:11:44
Time	0:41:00	1:25:07	3:09:50	6:40:21				
Pace	0:13:14	0:13:44	0:14:29	0:15:17	0:16:24	0:13:54	0:12:57	0:11:53
Time	0:41:30	1:26:09	3:12:09	6:45:14				
Pace	0:13:23	0:13:54	0:14:40	0:15:28	0:16:36	0:14:04	0:13:06	0:12:01
Time	0:42:00	1:27:11	3:14:28	6:50:07				
Pace	0:13:33	0:14:04	0:14:51	0:15:39	0:16:48	0:14:15	0:13:16	0:12:10
Time	0:42:30	1:28:13	3:16:47	6:55:00				
Pace	0:13:43	0:14:14	0:15:01	0:15:50	0:17:00	0:14:25	0:13:25	0:12:19
Time	0:43:00	1:29:15	3:19:06	6:59:53				
Pace	0:13:52	0:14:24	0:15:12	0:16:02	0:17:12	0:14:35	0:13:35	0:12:27
Time	0:43:30	1:30:17	3:21:25	7:04:46				
Pace	0:14:02	0:14:34	0:15:23	0:16:13	0:17:24	0:14:45	0:13:44	0:12:36
Time	0:44:00	1:31:19	3:23:44	7:09:39				
Pace	0:14:12	0:14:44	0:15:33	0:16:24	0:17:36	0:14:56	0:13:54	0:12:45
Time	0:44:30	1:32:21	3:26:03	7:14:32				
Pace	0:14:21	0:14:54	0:15:44	0:16:35	0:17:48	0:15:06	0:14:03	0:12:53
Time	0:45:00	1:33:23	3:28:22	7:19:25				
Pace	0:14:31	0:15:04	0:15:54	0:16:46	0:18:00	0:15:16	0:14:13	0:13:02
Time	0:45:30	1:34:25	3:30:41	7:24:18				
Pace	0:14:41	0:15:14	0:16:05	0:16:57	0:18:12	0:15:26	0:14:22	0:13:11
Time	0:46:00	1:35:27	3:33:00	7:29:11				
Pace	0:14:50	0:15:24	0:16:16	0:17:09	0:18:24	0:15:37	0:14:32	0:13:19

Race Finish Times - Use Recent Race Results then use the columns on the right to determine training paces.

Training Pace for workouts - see guidelines above for maximum durations at each pace. Easy/long pace should make up 80% - 90% of your weekly training duration.

	5k	10k	13.1	26.2	Easy/Long	Lactate Threshold Tempo	Long Intervals (more than 2:00 minutes and less than 5:00 minutes per rep)	Short Intervals (less than 2:00 minutes per rep)
Time	0:46:30	1:36:29	3:35:19	7:34:04				
Pace	0:15:00	0:15:34	0:16:26	0:17:20	0:18:36	0:15:47	0:14:41	0:13:28
Time	0:47:00	1:37:31	3:37:38	7:38:57				
Pace	0:15:10	0:15:44	0:16:37	0:17:31	0:18:48	0:15:57	0:14:50	0:13:37
Time	0:47:30	1:38:33	3:39:57	7:43:50				
Pace	0:15:19	0:15:54	0:16:47	0:17:42	0:19:00	0:16:07	0:15:00	0:13:45
Time	0:48:00	1:39:35	3:42:16	7:48:43				
Pace	0:15:29	0:16:04	0:16:58	0:17:53	0:19:12	0:16:18	0:15:09	0:13:54
Time	0:48:30	1:40:37	3:44:35	7:53:36				
Pace	0:15:39	0:16:14	0:17:09	0:18:05	0:19:24	0:16:28	0:15:19	0:14:03
Time	0:49:00	1:41:39	3:46:54	7:58:29				
Pace	0:15:48	0:16:24	0:17:19	0:18:16	0:19:36	0:16:38	0:15:28	0:14:11
Time	0:49:30	1:42:41	3:49:13	8:03:22				
Pace	0:15:58	0:16:34	0:17:30	0:18:27	0:19:48	0:16:48	0:15:38	0:14:20
Time	0:50:00	1:43:43	3:51:32	8:08:15				
Pace	0:16:08	0:16:44	0:17:40	0:18:38	0:20:00	0:16:59	0:15:47	0:14:29