

Half Marathon Pace Chart

Finish time:	3:30		Finish time:	3:15		Finish time:	3:00		Finish time:	2:45	
Race pace:	16:02		Race pace:	14:53		Race pace:	13:44		Race pace:	12:36	
<u>Interval distance</u>	<u>Pace</u>	<u>Recovery</u>	<u>Interval distance</u>	<u>Pace</u>	<u>Recovery</u>	<u>Interval distance</u>	<u>Pace</u>	<u>Recovery</u>	<u>Interval distance</u>	<u>Pace</u>	<u>Recovery</u>
200 meters	01:38	1:00-1:30	200 meters	01:31	1:00-1:30	200 meters	01:24	1:00-1:30	200 meters	01:17	1:00-1:30
400 meters	03:22	1:00-1:30	400 meters	03:08	1:00-1:30	400 meters	02:53	1:00-1:30	400 meters	02:39	1:00-1:30
600 meters	05:04	1:30-2:00	600 meters	04:42	1:30-2:00	600 meters	04:21	1:30-2:00	600 meters	03:59	1:30-2:00
800 meters	07:08	1:30-2:00	800 meters	06:37	1:30-2:00	800 meters	06:07	1:30-2:00	800 meters	05:36	1:30-2:00
1200 meters	10:56	3:00-3:30	1200 meters	10:09	3:00-3:30	1200 meters	09:22	3:00-3:30	1200 meters	08:35	3:00-3:30
Mile repeats	14:54	3:00-4:00	Mile repeats	13:50	3:00-4:00	Mile repeats	12:46	3:00-4:00	Mile repeats	11:42	3:00-4:00
Finish time:	2:30		Finish time:	2:20		Finish time:	2:15		Finish time:	2:00	
Race pace:	11:27		Race pace:	10:41		Race pace:	10:18		Race pace:	09:10	
<u>Interval distance</u>	<u>Pace</u>	<u>Recovery</u>	<u>Interval distance</u>	<u>Pace</u>	<u>Recovery</u>	<u>Interval distance</u>	<u>Pace</u>	<u>Recovery</u>	<u>Interval distance</u>	<u>Pace</u>	<u>Recovery</u>
200 meters	01:10	1:00-1:30	200 meters	01:05	1:00-1:30	200 meters	01:03	1:00-1:30	200 meters	00:56	1:00-1:30
400 meters	02:24	1:00-1:30	400 meters	02:15	1:00-1:30	400 meters	02:10	1:00-1:30	400 meters	01:55	1:00-1:30
600 meters	03:37	1:30-2:00	600 meters	03:23	1:30-2:00	600 meters	03:15	1:30-2:00	600 meters	02:54	1:30-2:00
800 meters	05:06	1:30-2:00	800 meters	04:45	1:30-2:00	800 meters	04:35	1:30-2:00	800 meters	04:05	1:30-2:00
1200 meters	07:49	3:00-3:30	1200 meters	07:17	3:00-3:30	1200 meters	07:02	3:00-3:30	1200 meters	06:15	3:00-3:30
Mile repeats	10:38	3:00-4:00	Mile repeats	09:56	3:00-4:00	Mile repeats	09:34	3:00-4:00	Mile repeats	08:31	3:00-4:00
Finish time:	1:52		Finish time:	1:45		Finish time:	1:35		Finish time:	1:20	
Race pace:	08:33		Race pace:	08:01		Race pace:	07:15		Race pace:	06:06	
<u>Interval distance</u>	<u>Pace</u>	<u>Recovery</u>	<u>Interval distance</u>	<u>Pace</u>	<u>Recovery</u>	<u>Interval distance</u>	<u>Pace</u>	<u>Recovery</u>	<u>Interval distance</u>	<u>Pace</u>	<u>Recovery</u>
200 meters	00:52	1:00-1:30	200 meters	00:49	1:00-1:30	200 meters	00:44	1:00-1:30	200 meters	00:37	1:00-1:30
400 meters	01:48	1:00-1:30	400 meters	01:41	1:00-1:30	400 meters	01:31	1:00-1:30	400 meters	01:17	1:00-1:30
600 meters	02:42	1:30-2:00	600 meters	02:32	1:30-2:00	600 meters	02:17	1:30-2:00	600 meters	01:56	1:30-2:00
800 meters	03:48	1:30-2:00	800 meters	03:34	1:30-2:00	800 meters	03:14	1:30-2:00	800 meters	02:43	1:30-2:00
1200 meters	05:50	3:00-3:30	1200 meters	05:28	3:00-3:30	1200 meters	04:57	3:00-3:30	1200 meters	04:10	3:00-3:30
Mile repeats	07:57	3:00-4:00	Mile repeats	07:27	3:00-4:00	Mile repeats	06:44	3:00-4:00	Mile repeats	05:40	3:00-4:00