

TEAM ORCA PACE CHART

5K	RACE TIMES			RUNNING PACES PER K					
	10K	1/2 MAR	MARA	5K RACE INTERVALS	10K RAC INTERVALS	TEMPO	1/2 MAR RACE	MARA RACE	LONG/EASY
32:27	67:29	2:29:09	5:09:09	6:29	6:45	6:54	7:04	7:14	8:02
31:33	65:34	2:24:59	4:58:58	6:19	6:33	6:42	6:52	7:05	7:52
30:40	63:46	2:21:04	4:49:17	6:08	6:23	6:33	6:41	6:51	7:37
29:52	62:03	2:17:19	4:41:53	5:58	6:12	6:22	6:30	6:41	7:26
29:05	60:26	2:13:49	4:34:59	5:50	6:03	6:13	6:21	6:31	7:16
28:22	58:53	2:10:25	4:28:16	5:40	5:53	6:03	6:11	6:21	7:05
27:39	57:26	2:07:16	4:22:03	5:32	5:45	5:54	6:02	6:13	6:56
27:00	56:02	2:04:11	4:15:56	5:24	5:36	5:46	5:53	6:04	6:47
26:22	54:44	2:01:19	4:10:19	5:16	5:28	5:37	5:45	5:56	6:38
25:47	53:27	1:58:31	4:04:45	5:09	5:21	5:30	5:37	5:48	6:30
25:12	52:17	1:55:55	3:59:35	5:02	5:14	5:22	5:30	5:41	6:22
24:40	51:07	1:53:21	3:54:28	4:56	5:07	5:15	5:22	5:33	6:14
24:08	50:03	1:50:59	3:49:45	4:50	5:00	5:08	5:16	5:27	6:07
23:38	48:59	1:48:37	3:45:02	4:44	4:54	5:02	5:09	5:20	6:00
23:09	48:01	1:46:27	3:40:43	4:38	4:48	4:56	5:03	5:14	5:53
22:42	47:03	1:44:18	3:36:24	4:32	4:42	4:50	4:57	5:08	5:47
22:15	46:09	1:42:17	3:32:23	4:27	4:37	4:44	4:51	5:02	5:40
21:50	45:15	1:40:18	3:28:22	4:22	4:31	4:39	4:45	4:56	5:34
21:25	44:25	1:38:27	3:24:39	4:17	4:26	4:34	4:40	4:51	5:28
21:02	43:36	1:36:36	3:20:55	4:12	4:22	4:28	4:35	4:46	5:23
20:39	42:50	1:34:53	3:17:29	4:08	4:17	4:24	4:30	4:41	5:18
20:18	42:04	1:33:10	3:14:00	4:04	4:12	4:19	4:25	4:36	5:13
19:57	41:21	1:31:35	3:10:49	3:59	4:08	4:14	4:20	4:31	5:07
19:37	40:39	1:30:00	3:07:37	3:55	4:04	4:10	4:16	4:27	5:03
19:17	39:59	1:28:31	3:04:36	3:51	4:00	4:06	4:12	4:22	4:58
18:59	39:20	1:27:03	3:01:36	3:48	3:56	4:02	4:08	4:18	4:54
18:40	38:42	1:25:40	2:58:47	3:44	3:52	3:58	4:04	4:14	4:49
18:21	38:06	1:24:17	2:55:58	3:40	3:49	3:54	4:00	4:10	4:45
18:05	37:31	1:23:00	2:53:20	3:37	3:45	3:51	3:56	4:06	4:40
17:49	36:59	1:21:42	2:50:41	3:34	3:42	3:47	3:52	4:03	4:37
17:33	36:24	1:20:30	2:48:14	3:31	3:38	3:44	3:49	3:59	4:33
17:18	35:53	1:19:19	2:45:47	3:28	3:35	3:40	3:46	3:56	4:30
17:03	35:22	1:18:09	2:43:25	3:26	3:32	3:37	3:42	3:52	4:25
16:49	34:53	1:17:02	2:41:07	3:22	3:29	3:34	3:39	3:49	4:22
16:34	34:23	1:15:57	2:38:54	3:19	3:26	3:31	3:36	3:46	4:18
16:21	33:56	1:14:54	2:36:43	3:16	3:24	3:28	3:33	3:43	4:15
16:07	33:28	1:13:53	2:34:38	3:13	3:21	3:25	3:30	3:40	4:12
15:55	33:02	1:12:54	2:32:34	3:11	3:18	3:23	3:27	3:37	4:08
15:42	32:35	1:11:56	2:30:36	3:08	3:15	3:20	3:25	3:34	4:05

NOTES:

ESTIMATES ARE GUIDELINES ASSUMING EQUAL PROFICIENCY AT ALL DISTANCES - IF YOU DO 10K IN 48 MINS YOU SHOULD BE CAPABLE OF A MARATHON IN 3:40:40
 TEMPO PACE IS SOMETIMES REFERRED TO AS LACTATE THRESHOLD
 ESTIMATES ASSUME RACE COURSES OF EQUIVALENT DIFFICULTY
 BASED ON JACK DANIELS MARATHON TRAINING PROGRAM PUBLISHED BY RUNNERS WORLD AUGUST 1996, EXTRAPOLATED BY RHYS HARRISON 2004