



# PACE CHART

5K RUNS



**HEALTH & FITNESS**

#BETHEBESTYOU

# HOW TO USE THE PACE CHART



This pace chart is a valuable tool for runners aiming to achieve specific finish times in a 5k race. Understanding how to interpret the chart will help you plan and execute your race strategy effectively. Here's a step-by-step guide on how to use it:

1

**Identify Your Goal Finish Time:** Determine the finish time you're aiming for in your 5k race. This could be based on your previous race times, your training progress, or any specific goals you've set for yourself.

2

**Find Your Goal Pace:** Once you have your finish time in mind, locate the corresponding pace per kilometer in the "Pace per km" column. This pace represents the average time you need to complete each kilometer of the race to achieve your goal time.

3

**Check Halfway Point (2.5km):** To ensure you're on track during the race, look at the time it should take you to reach the halfway point (2.5 kilometers). This time is listed in the "Halfway (2.5km)" column. If you reach this point within or close to the specified time, it indicates you're pacing yourself effectively.

4

**Monitor Your Progress:** As you progress through the race, continue to refer to the pace chart to gauge your pace per kilometer at various intervals (e.g., every kilometer or every two kilometers). Compare your actual times with the corresponding times on the chart to see if you're maintaining the desired pace.

5

**Adjust Your Strategy:** Depending on your performance and how you feel during the race, you may need to adjust your strategy accordingly. If you're ahead of your goal pace, you might consider pushing a bit harder or maintaining your current pace. If you're behind, you might need to increase your effort to catch up.

6

**Finish Strong:** As you approach the final kilometers of the race, use the pace chart to ensure you're pacing yourself appropriately for a strong finish. Aim to maintain your desired pace or even pick up the pace slightly if you have the energy to spare.

# 5K PACE CHART

## BEGINNERS

Pace per km	Pace per 2km	Halfway (2.5km)	Pace per 3km	Pace per 4km	Finish Time
6:00	12:00	15:00	18:00	24:00	30:00
6:05	12:10	15:15	18:15	24:20	30:25
6:10	12:20	15:30	18:30	24:40	30:50
6:15	12:30	15:38	18:45	25:00	31:15
6:20	12:40	15:50	19:00	25:20	31:40
6:25	12:50	16:08	19:15	25:40	32:05
6:30	13:00	16:30	19:30	26:00	32:30
6:35	13:10	16:38	19:45	26:20	32:55
6:40	13:20	16:50	20:00	26:40	33:20
6:45	13:30	16:58	20:15	27:00	33:45
6:50	13:40	17:10	20:30	27:20	34:10
6:55	13:50	17:28	20:45	27:40	34:35
7:00	14:00	17:30	21:00	28:00	35:00
7:05	14:10	17:38	21:15	28:20	35:25
7:10	14:20	17:50	21:30	28:40	35:50
7:15	14:30	17:58	21:45	29:00	36:15
7:20	14:40	18:10	22:00	29:20	36:40
7:25	14:50	18:18	22:15	29:40	37:05
7:30	15:00	18:30	22:30	30:00	37:30
7:35	15:10	18:38	22:45	30:20	37:55
7:40	15:20	18:50	23:00	30:40	38:20
7:45	15:30	18:58	23:15	31:00	38:45
7:50	15:40	19:10	23:30	31:20	39:10
7:55	15:50	19:18	23:45	31:40	39:35
8:00	16:00	24:00	24:00	32:00	40:00

# 5K PACE CHART

## INTERMEDIATE

Pace per km	Pace per 2km	Halfway (2.5km)	Pace per 3km	Pace per 4km	Finish Time
4:00	8:00	10:00	12:00	16:00	20:00
4:05	8:10	10:13	12:15	16:20	20:25
4:10	8:20	10:25	12:30	16:40	20:50
4:15	8:30	10:38	12:45	17:00	21:15
4:20	8:40	10:50	13:00	17:20	21:40
4:25	8:50	11:03	13:15	17:40	22:05
4:30	9:00	11:15	13:30	18:00	22:30
4:35	9:10	11:28	13:45	18:20	22:55
4:40	9:20	11:40	14:00	18:40	23:20
4:45	9:30	11:53	14:15	19:00	23:45
4:50	9:40	12:05	14:30	19:20	24:10
4:55	9:50	12:18	14:45	19:40	24:35
5:00	10:00	12:30	15:00	20:00	25:00
5:05	10:10	12:48	15:15	20:20	25:25
5:10	10:20	13:00	15:30	20:40	25:50
5:15	10:30	13:08	15:45	21:00	26:15
5:20	10:40	13:20	16:00	21:20	26:40
5:25	10:50	13:38	16:15	21:40	27:05
5:30	11:00	13:50	16:30	22:00	27:30
5:35	11:10	13:58	16:45	22:20	27:55
5:40	11:20	14:10	17:00	22:40	28:20
5:45	11:30	14:18	17:15	23:00	28:45
5:50	11:40	14:30	17:30	23:20	29:10
5:55	11:50	14:48	17:45	23:40	29:35

# 5K PACE CHART

## ADVANCED

Pace per km	Pace per 2km	Halfway (2.5km)	Pace per 3km	Pace per 4km	Finish Time
3:00	6:00	7:30	9:00	12:00	15:00
3:05	6:10	7:43	9:15	12:20	15:25
3:10	6:20	7:55	9:30	12:40	15:50
3:15	6:30	8:08	9:45	13:00	16:15
3:20	6:40	8:20	10:00	13:20	16:40
3:25	6:50	8:33	10:15	13:40	17:05
3:30	7:00	8:45	10:30	14:00	17:30
3:35	7:10	8:58	10:45	14:20	17:55
3:40	7:20	9:10	11:00	14:40	18:20
3:45	7:30	9:23	11:15	15:00	18:45
3:50	7:40	9:35	11:30	15:20	19:10
3:55	7:50	9:48	11:45	15:40	19:35