

2:15 to 2:45 Marathon Pace Chart.

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PACE (min/mile)	5:10	5:15	5:20	5:25	5:30	5:35	5:40	5:45	5:50	5:55	6:00	6:05	6:10	6:15
DIST (miles)														
1	5:10	5:15	5:20	5:25	5:30	5:35	5:40	5:45	5:50	5:55	6:00	6:05	6:10	6:15
2	10:20	10:30	10:40	10:50	11:00	11:10	11:20	11:30	11:40	11:50	12:00	12:10	12:20	12:30
3	15:30	15:45	16:00	16:15	16:30	16:45	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45
5km	16:03	16:19	16:34	16:50	17:05	17:21	17:36	17:52	18:07	18:23	18:38	18:54	19:09	19:25
4	20:40	21:00	21:20	21:40	22:00	22:20	22:40	23:00	23:20	23:40	24:00	24:20	24:40	25:00
5	25:50	26:15	26:40	27:05	27:30	27:55	28:20	28:45	29:10	29:35	30:00	30:25	30:50	31:15
6	31:00	31:30	32:00	32:30	33:00	33:30	34:00	34:30	35:00	35:30	36:00	36:30	37:00	37:30
10km	32:06	32:37	33:08	33:39	34:10	34:42	35:13	35:44	36:15	36:46	37:17	37:48	38:19	38:50

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7	36:10	36:45	37:20	37:55	38:30	39:05	39:40	40:15	40:50	41:15	42:00	42:35	43:10	43:45
8	41:20	42:00	42:40	43:20	44:00	44:40	45:20	46:00	46:40	47:20	48:00	48:40	49:20	50:00
9	46:30	47:15	48:00	48:45	49:30	50:15	51:00	51:45	52:30	53:15	54:00	54:45	55:30	56:15
10	51:40	52:30	53:20	54:10	55:00	55:50	56:40	57:30	58:20	59:10	1:00:00	1:00:50	1:01:40	1:02:30
11	56:50	57:45	58:40	59:35	1:00:30	1:01:25	1:02:20	1:03:15	1:04:10	1:05:05	1:06:00	1:06:55	1:07:50	1:08:45
12	1:02:00	1:03:00	1:04:00	1:05:00	1:06:00	1:07:00	1:08:00	1:09:00	1:10:00	1:11:00	1:12:00	1:13:00	1:14:00	1:15:00
13	1:07:10	1:08:15	1:09:20	1:10:25	1:11:30	1:12:35	1:13:40	1:14:45	1:15:50	1:16:55	1:18:00	1:19:05	1:20:10	1:21:15
13:1	1:07:44	1:08:49	1:09:55	1:11:00	1:12:06	1:13:11	1:14:17	1:15:22	1:16:28	1:17:34	1:18:39	1:19:45	1:20:50	1:21:56
14	1:12:20	1:13:30	1:14:40	1:15:50	1:17:00	1:18:10	1:19:20	1:20:30	1:21:40	1:22:50	1:24:00	1:25:10	1:26:20	1:27:30
15	1:17:30	1:18:45	1:20:00	1:21:15	1:22:30	1:23:45	1:25:00	1:26:15	1:27:30	1:28:45	1:30:00	1:31:15	1:32:30	1:33:45
16	1:22:40	1:24:00	1:25:20	1:26:40	1:28:00	1:29:20	1:30:40	1:32:00	1:33:20	1:34:40	1:36:00	1:37:20	1:38:40	1:40:00
17	1:27:50	1:29:15	1:30:40	1:32:05	1:33:30	1:34:55	1:36:20	1:37:45	1:39:10	1:40:35	1:42:00	1:43:25	1:44:50	1:46:15
18	1:33:00	1:34:30	1:36:00	1:37:30	1:39:00	1:40:30	1:42:00	1:43:30	1:45:00	1:46:30	1:48:00	1:49:30	1:51:00	1:52:30



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19	1:38:10	1:39:45	1:41:20	1:42:55	1:44:30	1:46:05	1:47:40	1:49:15	1:50:50	1:52:25	1:54:00	1:55:35	1:57:10	1:58:45
20	1:43:20	1:45:00	1:46:40	1:48:20	1:50:00	1:51:40	1:53:20	1:55:00	1:56:40	1:58:20	2:00:00	2:01:40	2:03:20	2:05:00
21	1:48:30	1:50:15	1:52:00	1:53:45	1:55:30	1:57:15	1:59:00	2:00:45	2:02:30	2:04:15	2:06:00	2:07:45	2:09:30	2:11:15
22	1:53:40	1:55:30	1:57:20	1:59:10	2:01:00	2:02:50	2:04:40	2:06:30	2:08:20	2:10:10	2:12:00	2:13:50	2:15:40	2:17:30
23	1:58:50	2:00:45	2:02:40	2:04:35	2:06:30	2:08:25	2:10:20	2:12:15	2:14:10	2:16:05	2:18:00	2:19:55	2:21:50	2:23:45
24	2:04:00	2:06:00	2:08:00	2:10:00	2:12:00	2:14:00	2:16:00	2:18:00	2:20:00	2:22:00	2:24:00	2:26:00	2:28:00	2:30:00
25	2:09:10	2:11:15	2:13:20	2:15:25	2:17:30	2:19:35	2:21:40	2:23:45	2:25:50	2:27:55	2:30:00	2:32:05	2:34:10	2:36:15
26	2:14:20	2:16:30	2:18:40	2:20:50	2:23:00	2:25:10	2:27:20	2:29:30	2:31:40	2:33:50	2:36:00	2:38:10	2:40:20	2:42:30
26:2	2:15:28	2:17:39	2:19:50	2:22:01	2:24:12	2:26:23	2:28:34	2:30:45	2:32:57	2:35:08	2:37:19	2:39:30	2:41:41	2:43:52

