

## 2:45 to 3:15 Marathon Pace Chart.

Preview our marathon training plans with coach email support: [myprocoach.net](http://myprocoach.net)

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PACE (min/mile)	6:20	6:25	6:30	6:35	6:40	6:45	6:50	6:55	7:00	7:05	7:10	7:15	7:20	7:25
DIST (miles)														
1	6:20	6:25	6:30	6:35	6:40	6:45	6:50	6:55	7:00	7:05	7:10	7:15	7:20	7:25
2	12:40	12:50	13:00	13:10	13:20	13:30	13:40	13:50	14:00	14:10	14:20	14:30	14:40	14:50
3	19:00	19:15	19:30	19:45	20:15	20:30	20:45	21:00	21:15	21:30	21:45	22:00	22:15	22:30
5km	<b>19:41</b>	<b>19:56</b>	<b>20:12</b>	<b>20:27</b>	<b>20:43</b>	<b>20:58</b>	<b>21:14</b>	<b>21:29</b>	<b>21:45</b>	<b>22:00</b>	<b>22:16</b>	<b>22:31</b>	<b>22:47</b>	<b>23:03</b>
4	25:20	25:40	26:00	26:20	26:40	27:00	27:20	27:40	28:00	28:20	28:40	29:00	29:20	29:40
5	31:40	32:05	32:30	32:55	33:20	33:45	34:10	34:35	35:00	35:25	35:50	36:15	36:40	37:05
6	38:00	38:30	39:00	39:30	40:00	40:30	41:00	41:30	42:00	42:30	43:00	43:30	44:00	44:30
10km	<b>39:21</b>	<b>39:52</b>	<b>40:23</b>	<b>40:54</b>	<b>41:26</b>	<b>41:57</b>	<b>42:28</b>	<b>42:59</b>	<b>43:30</b>	<b>44:01</b>	<b>44:32</b>	<b>45:03</b>	<b>45:34</b>	<b>46:05</b>



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



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<b>17</b>	1:47:40	1:49:05	1:50:30	1:51:55	1:53:20	1:54:45	1:56:10	1:57:35	1:59:00	2:00:25	2:01:50	2:03:15	2:04:40	2:06:05
<b>18</b>	1:54:00	1:55:30	1:57:00	1:58:30	2:00:00	2:01:30	2:03:00	2:04:30	2:06:00	2:07:30	2:09:00	2:10:30	2:12:00	2:13:30
<b>19</b>	2:00:20	2:01:55	2:03:30	2:05:05	2:06:40	2:08:15	2:09:50	2:11:25	2:13:00	2:14:35	2:16:10	2:17:45	2:19:20	2:20:55
<b>20</b>	2:06:40	2:08:20	2:10:00	2:11:40	2:13:20	2:15:00	2:16:40	2:18:20	2:20:00	2:21:40	2:23:20	2:25:00	2:26:40	2:28:20
<b>21</b>	2:13:00	2:14:45	2:16:30	2:18:15	2:20:00	2:21:45	2:23:30	2:25:15	2:27:00	2:28:45	2:30:30	2:32:15	2:34:00	2:35:45
<b>22</b>	2:19:20	2:21:10	2:23:00	2:24:50	2:26:40	2:28:30	2:30:20	2:32:10	2:34:00	2:35:50	2:37:40	2:39:30	2:41:20	2:43:10
<b>23</b>	2:25:40	2:27:35	2:29:30	2:31:25	2:33:20	2:35:15	2:37:10	2:39:05	2:41:00	2:42:55	2:44:50	2:46:45	2:48:40	2:50:35
<b>24</b>	2:32:00	2:34:00	2:36:00	2:38:00	2:40:00	2:42:00	2:44:00	2:46:00	2:48:00	2:50:00	2:52:00	2:54:00	2:56:00	2:58:00
<b>25</b>	2:38:20	2:40:25	2:42:30	2:44:35	2:46:40	2:48:45	2:50:50	2:52:55	2:55:00	2:57:05	2:59:10	3:01:15	3:03:20	3:05:25
<b>26</b>	2:44:40	2:46:50	2:49:00	2:51:10	2:53:20	2:55:30	2:57:40	2:59:50	3:02:00	3:04:10	3:06:20	3:08:30	3:10:40	3:12:50
<b>26:2</b>	<b>2:46:03</b>	<b>2:48:14</b>	<b>2:50:25</b>	<b>2:52:36</b>	<b>2:54:48</b>	<b>2:56:59</b>	<b>2:59:10</b>	<b>3:01:21</b>	<b>3:03:32</b>	<b>3:05:43</b>	<b>3:07:54</b>	<b>3:10:05</b>	<b>3:12:16</b>	<b>3:14:27</b>

