

3:15 to 3:45 Marathon Pace Chart.

Preview our marathon training plans with coach email support: myprocoach.net

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PACE (min/mile)	7:30	7:35	7:40	7:45	7:50	7:55	8:00	8:05	8:10	8:15	8:20	8:25	8:30
DIST (miles)													
1	7:30	7:35	7:40	7:45	7:50	7:55	8:00	8:05	8:10	8:15	8:20	8:25	8:30
2	15:00	15:10	15:20	15:30	15:40	15:50	16:00	16:10	16:20	16:30	16:40	16:50	17:00
3	22:30	22:45	23:00	23:15	23:30	23:45	24:00	24:15	24:30	24:45	25:00	25:15	25:30
5km	23:18	23:34	23:49	24:05	24:20	24:36	24:51	25:07	25:22	25:38	25:54	26:09	26:25
4	30:00	30:20	30:40	31:00	31:20	31:40	32:00	32:20	32:40	33:00	33:20	33:40	34:00
5	37:30	37:55	38:20	38:45	39:10	39:35	40:00	40:25	40:50	41:15	41:40	42:05	42:30
6	45:00	45:30	46:00	46:30	47:00	47:30	48:00	48:30	49:00	49:30	50:00	50:30	51:00
10km	46:36	47:07	47:38	48:09	48:41	49:12	49:43	50:14	51:16	51:47	52:18	52:49	53:20
7	52:30	53:05	53:40	54:15	54:50	55:25	56:00	56:35	57:10	57:45	58:20	58:55	59:30
8	1:00:00	1:00:40	1:01:20	1:02:00	1:02:40	1:03:20	1:04:00	1:04:40	1:05:20	1:06:00	1:06:40	1:07:20	1:08:00



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9	1:07:30	1:08:15	1:09:00	1:09:45	1:10:30	1:11:15	1:12:00	1:12:45	1:13:30	1:14:15	1:15:00	1:15:45	1:16:30
10	1:15:00	1:15:50	1:16:40	1:17:30	1:18:20	1:19:10	1:20:00	1:20:50	1:21:40	1:22:30	1:23:20	1:24:10	1:25:00
11	1:22:30	1:23:25	1:24:20	1:25:15	1:26:10	1:27:05	1:28:00	1:28:55	1:29:50	1:30:45	1:31:40	1:32:35	1:33:30
12	1:30:00	1:31:00	1:32:00	1:33:00	1:34:00	1:35:00	1:36:00	1:37:00	1:38:00	1:39:00	1:40:00	1:41:00	1:42:00
13	1:37:30	1:38:35	1:39:40	1:40:45	1:41:50	1:42:55	1:44:00	1:45:05	1:46:10	1:47:15	1:48:20	1:49:25	1:50:30
13:1	1:38:19	1:39:25	1:40:30	1:41:36	1:42:41	1:43:47	1:44:52	1:45:58	1:47:03	1:48:09	1:49:15	1:50:20	1:51:26
14	1:45:00	1:46:10	1:47:20	1:48:30	1:49:40	1:50:50	1:52:00	1:53:10	1:54:20	1:55:30	1:56:40	1:57:50	1:59:00
15	1:52:30	1:53:45	1:55:00	1:56:15	1:57:30	1:58:45	2:00:00	2:01:15	2:02:30	2:03:45	2:05:00	2:06:15	2:07:30
16	2:00:00	2:01:20	2:02:40	2:04:00	2:05:20	2:06:40	2:08:00	2:09:20	2:10:40	2:12:00	2:13:20	2:14:40	2:16:00
17	2:07:30	2:08:55	2:10:20	2:11:45	2:13:10	2:14:35	2:16:00	2:17:25	2:18:50	2:20:15	2:21:40	2:23:05	2:24:30
18	2:15:00	2:16:30	2:18:00	2:19:30	2:21:00	2:22:30	2:24:00	2:25:30	2:27:00	2:28:30	2:30:00	2:31:30	2:33:00
19	2:22:30	2:24:05	2:25:40	2:27:15	2:28:50	2:30:25	2:32:00	2:33:35	2:35:10	2:36:45	2:38:20	2:39:55	2:41:30



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

