

3:45 to 4:15 Marathon Pace Chart.

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PACE (min/ mile)	8:35	8:40	8:45	8:50	8:55	9:00	9:05	9:10	9:15	9:20	9:25	9:30	9:35	9:40	9:45
DIST (miles)															
1	8:35	8:40	8:45	8:50	8:55	9:00	9:05	9:10	9:15	9:20	9:25	9:30	9:35	9:40	9:45
2	17:10	17:20	17:30	17:40	17:50	18:00	18:10	18:20	18:30	18:40	18:50	19:00	19:10	19:20	19:30
3	25:45	26:00	26:15	26:30	26:45	27:00	27:15	27:30	27:45	28:00	28:15	28:30	28:45	29:00	29:15
5km	26:40	26:56	27:11	27:27	27:42	27:58	28:13	28:29	28:44	29:00	29:16	29:31	29:47	30:02	30:18
4	34:20	34:40	35:00	35:20	35:40	36:00	36:20	36:40	37:00	37:20	37:40	38:00	38:20	38:40	39:00
5	42:55	43:20	43:45	44:10	44:35	45:00	45:25	45:50	46:15	46:40	47:05	47:30	47:55	48:20	48:45
6	51:30	52:00	52:30	53:00	53:30	54:00	54:30	55:00	55:30	56:00	56:30	57:00	57:30	58:00	58:30
10km	53:20	53:51	54:22	54:53	55:25	55:56	56:27	56:58	57:29	58:00	58:31	59:02	59:33	1:00:04	1:00:35
7	1:00:05	1:00:40	1:01:15	1:01:50	1:02:25	1:03:00	1:03:35	1:04:10	1:04:45	1:05:20	1:05:55	1:06:30	1:07:05	1:07:40	1:08:15
8	1:08:40	1:09:20	1:10:00	1:10:40	1:11:20	1:12:00	1:12:40	1:13:20	1:14:00	1:14:40	1:15:20	1:16:00	1:16:40	1:17:20	1:18:00



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9	1:17:15	1:18:00	1:18:45	1:19:30	1:20:15	1:21:00	1:21:45	1:22:30	1:23:15	1:24:00	1:24:45	1:25:30	1:26:15	1:27:00	1:27:45
10	1:25:50	1:26:40	1:27:30	1:28:20	1:29:10	1:30:00	1:30:50	1:31:40	1:32:30	1:33:20	1:34:10	1:35:00	1:35:50	1:36:40	1:37:30
11	1:34:25	1:35:20	1:36:15	1:37:10	1:38:05	1:39:00	1:39:55	1:40:50	1:41:45	1:42:40	1:43:35	1:44:30	1:45:25	1:46:20	1:47:15
12	1:43:00	1:44:00	1:45:00	1:46:00	1:47:00	1:48:00	1:49:00	1:50:00	1:51:00	1:52:00	1:53:00	1:54:00	1:55:00	1:56:00	1:57:00
13	1:51:35	1:52:40	1:53:45	1:54:50	1:55:55	1:57:00	1:58:05	1:59:10	2:00:15	2:01:20	2:02:25	2:03:30	2:04:35	2:05:40	2:06:45
13:1	1:52:31	1:53:37	1:54:42	1:55:48	1:56:53	1:57:59	1:59:04	2:00:10	2:01:16	2:02:21	2:03:27	2:04:32	2:05:38	2:06:43	2:07:49
14	2:00:10	2:01:20	2:02:30	2:03:40	2:04:50	2:06:00	2:07:10	2:08:20	2:09:30	2:10:40	2:11:50	2:13:00	2:14:10	2:15:20	2:16:30
15	2:08:45	2:10:00	2:11:15	2:12:30	2:13:45	2:15:00	2:16:15	2:17:30	2:18:45	2:20:00	2:21:15	2:22:30	2:23:45	2:25:00	2:26:15
16	2:17:20	2:18:40	2:20:00	2:21:20	2:22:40	2:24:00	2:25:20	2:26:40	2:28:00	2:29:20	2:30:40	2:32:00	2:33:20	2:34:40	2:36:00
17	2:25:55	2:27:20	2:28:45	2:30:10	2:31:35	2:33:00	2:34:25	2:35:50	2:37:15	2:38:40	2:40:05	2:41:30	2:42:55	2:44:20	2:45:45
18	2:34:30	2:36:00	2:37:30	2:39:00	2:40:30	2:42:00	2:43:30	2:45:00	2:46:30	2:48:00	2:49:30	2:51:00	2:52:30	2:54:00	2:55:30
19	2:43:05	2:44:40	2:46:15	2:47:50	2:49:25	2:51:00	2:52:35	2:54:10	2:55:45	2:57:20	2:58:55	3:00:30	3:02:05	3:03:40	3:05:15



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20	2:51:40	2:53:20	2:55:00	2:56:40	2:58:20	3:00:00	3:01:40	3:03:20	3:05:00	3:06:40	3:08:20	3:10:00	3:11:40	3:13:20	3:15:00
21	3:00:15	3:02:00	3:03:45	3:05:30	3:07:15	3:09:00	3:10:45	3:12:30	3:14:15	3:16:00	3:17:45	3:19:30	3:21:15	3:23:00	3:24:45
22	3:08:50	3:10:40	3:12:30	3:14:20	3:16:10	3:18:00	3:19:50	3:21:40	3:23:30	3:25:20	3:27:10	3:29:00	3:30:50	3:32:40	3:34:30
23	3:17:25	3:19:20	3:21:15	3:23:10	3:25:05	3:27:00	3:28:55	3:30:50	3:32:45	3:34:40	3:36:35	3:38:30	3:40:25	3:42:20	3:44:15
24	3:26:00	3:28:00	3:30:00	3:32:00	3:34:00	3:36:00	3:38:00	3:40:00	3:42:00	3:44:00	3:46:00	3:48:00	3:50:00	3:52:00	3:54:00
25	3:34:35	3:36:40	3:38:45	3:40:50	3:42:55	3:45:00	3:47:05	3:49:10	3:51:15	3:53:20	3:55:25	3:57:30	3:59:35	4:01:40	4:03:45
26	3:43:10	3:45:20	3:47:30	3:49:40	3:51:50	3:54:00	3:56:10	3:58:20	4:00:30	4:02:40	4:04:50	4:07:00	4:09:10	4:11:20	4:13:30
26:2	3:45:03	3:47:14	3:49:25	3:51:36	3:53:47	3:55:58	3:58:09	4:00:21	4:02:32	4:04:43	4:06:54	4:09:05	4:11:16	4:13:27	4:15:38

