RACE PACE PROTOCOL

PACE/MILE	1/4 MILE	1/2 MILE	1 MILE	1.5 MILE	2 MILES	2.5 MILES	3 MILES	5 MILES	10 MILES
5:00	1:15	2:30	5:00	7:30	10:00	12:30	15:00	25:00	50:00
5:15	1:19	2:38	5:15	7:53	10:30	13:08	15:45	26:15	52:30
5:30	1:23	2:45	5:30	8:15	11:00	13:45	16:30	27:30	55:00
5:45	1:26	2:53	5:45	8:38	11:30	14:23	17:15	28:45	57:30
6:00	1:30	3:00	6:00	9:00	12:00	15:00	18:00	30:00	1:00:00
6:15	1:34	3:08	6:15	9:23	12:30	15:38	18:45	31:15	1:02:30
6:30	1:38	3:15	6:30	9:45	13:00	16:15	19:30	32:30	1:05:00
6:45	1:41	3:23	6:45	10:08	13:30	16:53	20:15	33:45	1:07:30
7:00	1:45	3:30	7:00	10:30	14:00	17:30	21:00	35:00	1:10:30
7:15	1:49	3:38	7:15	10:53	14:30	18:08	21:45	36:15	1:12:30
7:30	1:53	3:45	7:30	11:15	15:00	18:45	22:30	37:30	1:15:30
7:45	1:56	3:53	7:45	11:38	15:30	19:23	23:15	38:45	1:17:30
8:00	2:00	4:00	8:00	12:00	16:00	20:00	24:00	40:00	1:20:00
8:15	2:08	4:15	8:30	12:45	17:00	21:15	25:30	42:35	1:22:30
9:00	2:15	4:30	9:00	13:08	17:30	21:53	26:15	43:45	1:27:30
9:15	2:19	4:38	9:15	13:53	18:30	22:08	27:45	46:15	1:32:30
9:30	2:23	4:45	9:30	14:15	19:00	23:45	28:30	47:30	1:35:00
9:45	2:26	4:53	9:45	14:38	19:30	24:23	29:15	48:45	1:37:30
10:00	2:30	5:00	10:00	15:00	20:00	25:00	30:00	50:00	1:40:00

Times shown as minutes:seconds. Read the row for your pace per mile to see the time for each distance.