

Pace Chart for Track Training

Finding yourself trying to calculate pace times in your head? Then this chart is for you.

Look up your section distance on the top row and then follow the column down to read the time in minutes and seconds. Move up a column or two if running a shorter section or down if running a longer section.

200m	300m	400m	600m	800m	1000m	1200m	1400m	1600m
30	45	1:00	1:30	2:00	2:30	3:00	3:30	4:00
31	46.5	1:02	1:33	2:04	2:35	3:06	3:37	4:08
32	48	1:04	1:36	2:08	2:40	3:12	3:44	4:16
33	49.5	1:06	1:39	2:12	2:45	3:18	3:51	4:24
34	51	1:08	1:42	2:16	2:50	3:24	3:58	4:32
35	52.5	1:10	1:45	2:20	2:55	3:30	4:05	4:40
36	54	1:12	1:48	2:24	3:00	3:36	4:12	4:48
37	55.5	1:14	1:51	2:28	3:05	3:42	4:19	4:56
38	57	1:16	1:54	2:32	3:10	3:48	4:26	5:04
39	58.5	1:18	1:57	2:36	3:15	3:54	4:33	5:12
40	1:00	1:20	2:00	2:40	3:20	4:00	4:40	5:20
41	1:01.5	1:22	2:03	2:44	3:25	4:06	4:47	5:28
42	1:03	1:24	2:06	2:48	3:30	4:12	4:54	5:36
43	1:04.5	1:26	2:09	2:52	3:35	4:18	5:01	5:44
44	1:06	1:28	2:12	2:56	3:40	4:24	5:08	5:52
45	1:07.5	1:30	2:15	3:00	3:45	4:30	5:15	6:00
46	1:09	1:32	2:18	3:04	3:50	4:36	5:22	6:08
47	1:10.5	1:34	2:21	3:08	3:55	4:42	5:29	6:16
48	1:12	1:36	2:24	3:12	4:00	4:48	5:36	6:24
49	1:13.5	1:38	2:27	3:16	4:05	4:54	5:43	6:32
50	1:15	1:40	2:30	3:20	4:10	5:00	5:50	6:40
51	1:16.5	1:42	2:33	3:24	4:15	5:06	5:57	6:48
52	1:18	1:44	2:36	3:28	4:20	5:12	6:04	6:56
53	1:19.5	1:46	2:39	3:32	4:25	5:18	6:11	7:04
54	1:21	1:48	2:42	3:36	4:30	5:24	6:18	7:12
55	1:22.5	1:50	2:45	3:40	4:35	5:30	6:25	7:20

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