

Wings For Life World Run - Pacing Plan

Goal Distance (km)	Running Time	Avg Pace (min/km)	Your Time 10km	Your Time 21.1km	Your Time 42.2 km
7	01:00:00	00:08:34	01:27:53	03:15:23	06:50:11
8	01:04:00	00:08:00	01:21:16	03:00:39	06:19:17
9	01:08:00	00:07:33	01:16:07	02:49:13	05:55:16
10	01:12:00	00:07:12	01:12:00	02:40:04	05:36:04
11	01:16:00	00:06:55	01:08:38	02:32:35	05:20:20
12	01:20:00	00:06:40	01:05:49	02:26:20	05:07:13
13	01:24:00	00:06:28	01:03:26	02:21:02	04:56:06
14	01:28:00	00:06:17	01:01:24	02:16:30	04:46:33
15	01:31:00	00:06:04	00:58:58	02:11:06	04:35:14
16	01:35:00	00:05:56	00:57:27	02:07:44	04:28:10
17	01:39:00	00:05:49	00:56:07	02:04:45	04:21:54
18	01:43:00	00:05:43	00:54:55	02:02:05	04:16:19
19	01:46:00	00:05:35	00:53:20	01:58:35	04:08:57
20	01:50:00	00:05:30	00:52:24	01:56:29	04:04:33
21.1	01:54:00	00:05:24	00:51:17	01:54:00	03:59:20
22	01:58:00	00:05:22	00:50:45	01:52:51	03:56:54
24	02:05:00	00:05:13	00:48:59	01:48:55	03:48:39
26	02:12:00	00:05:05	00:47:29	01:45:34	03:41:38
28	02:19:00	00:04:58	00:46:11	01:42:42	03:35:36
30	02:26:00	00:04:52	00:45:04	01:40:11	03:30:20
32	02:33:00	00:04:47	00:44:04	01:37:59	03:25:43
34	02:40:00	00:04:42	00:43:12	01:36:02	03:21:37
36	02:46:00	00:04:37	00:41:56	01:33:31	03:16:53
38	02:53:00	00:04:33	00:41:05	01:31:48	03:13:41
40	03:00:00	00:04:30	00:40:17	01:30:13	03:10:43
42	03:05:00	00:04:24	00:39:06	01:27:47	03:05:57
42.2	03:05:30	00:04:24	00:38:59	01:27:33	03:05:30
44	03:10:00	00:04:19	00:38:01	01:25:32	03:01:34
46	03:16:00	00:04:16	00:37:12	01:23:53	02:58:26
48	03:21:00	00:04:11	00:36:15	01:21:55	02:54:38
50	03:27:00	00:04:08	00:35:32	01:20:29	02:51:55
52	03:32:00	00:04:05	00:34:41	01:18:45	02:48:34
54	03:36:00	00:04:00	00:33:44	01:16:45	02:44:39
56	03:41:00	00:03:57	00:32:59	01:15:14	02:41:43
58	03:46:00	00:03:54	00:32:17	01:13:47	02:38:56
60	03:50:00	00:03:50	00:31:29	01:12:06	02:35:37
62	03:55:00	00:03:47	00:30:50	01:10:48	02:33:09
64	04:00:00	00:03:45	00:30:14	01:09:34	02:30:47
66	04:04:00	00:03:42	00:29:32	01:08:06	02:27:56
68	04:08:00	00:03:39	00:28:52	01:06:43	02:25:12
70	04:12:00	00:03:36	00:28:14	01:05:23	02:22:36

Calculations by running.COACH (www.running.coach)

