**GROUP 1 PACES**

**Recovery Pace:** 7:35 - 8:30

**Easy Pace:** 6:40 - 7:30

**Marathon Pace:** 5:54 - 6:15

**Half Marathon Pace:** 5:35 - 6:00

**10K Pace:** 5:22 - 5:44

**5K Pace:** 5:11 (*1:17 per 400m*) - 5:33 (*1:22 per 400m*)

**3K Pace:** 4:58 ( *1:14*) - 5:20 (*1:19*)

**GROUP 2 PACES**

**Recovery Pace:** 7:40 - 9:30  
**Easy Pace:** 7:00 - 8:30

**Marathon Pace:** 6:34 - 7:17

**Half Marathon Pace:** 6:14 - 6:55

**10K Pace:** 5:56 - 6:39

**5K Pace:** 5:44 (*1:25 per 400m*) - 6:25 (*1:35 per 400m*)

**3K Pace:** 5:31 (*1:22*) - 6:11 (*1:32*)

**GROUP 3 PACES**

**Recovery Pace:** 8:45 - 10:15  
**Easy Pace:** 7:50 - 9:30

**Marathon Pace:** 7:24 - 8:25

**Half Marathon Pace:** 7:06 - 8:07

**10K Pace:** 6:46 - 7:43

**5K Pace:** 6:32 (*1:37 per 400m*) - 7:27 (*1:51 per 400m*)

**3K Pace:** 6:18 (1:34) - 7:13 (1:47)

**GROUP 4 PACES**

**Recovery Pace:** 10:00 - 12:00  
**Easy Pace:** 9:08 - 10:45

**Marathon Pace:** 8:35 - 9:20

**Half Marathon Pace:** 8:17 - 9:02

**10K Pace:** 7:53 - 8:36

**5K Pace:** 7:36 *(1:53 per 400m)* - 8:17 *(2:03 per 400m)*

**3K Pace:** 7:22 *(1:50)* - 8:03 (*2:00*)

**GROUP 5 PACES**

**Recovery Pace:** 11:00 - 13:00  
**Easy Pace:** 10:15 - 12:00

**Marathon Pace:** 9:33 - 11:02

**Half Marathon Pace:** 9:15 - 10:45

**10K Pace:** 8:48 - 10:15

**5K Pace:** 8:29 *(2:06 per 400m)* - 9:52 *(2:27 per 400m)*

**3K Pace:** 8:15 *(2:03)* - 9:37 *(2:23)*

**GROUP 6 PACES**

**Recovery Pace:** 14:00 - 17:00  
**Easy Pace:** 13:00 - 16:00

**Marathon Pace: 11:02 - 12:48**

**Half Marathon Pace: 11:12 - 12:40**

**10K Pace:** 10:53 - 12:10

**5K Pace:** 10:25 (2:36 per 400m) - 13:26 (3:22 per 400m)

**3K Pace:** 9:55 (2:29 per 400m ) - 13:05 (3:17 per 400m)