

THE CORUNNA DISTANCE RUNNING PROGRAM

7:35  
45  
J.M.C.  
6:25

PACE TABLES FOR CALCULATING PACE PER MILE (PPM)

Simply find your approximate time under the column for the distance you ran, then go to the left side of the page to find your pace per mile for that run to the nearest five seconds.

PPM	2 MILES	3 MILES	5 KM	4 MILES	5 MILES	6 MILES	10 KM	7 MILES
4:30	9:00	13:30	13:57	18:00	22:30	27:00	27:54	31:30
4:35	9:10	13:45	14:13	18:20	22:55	27:30	28:25	32:05
4:40	9:20	14:00	14:28	18:40	23:20	28:00	28:56	32:40
4:45	9:30	14:15	14:44	19:00	23:45	28:30	29:27	33:15
4:50	9:40	14:30	14:59	19:20	24:10	29:00	29:58	33:50
4:55	9:50	14:45	15:15	19:40	24:35	29:30	30:29	34:25
5:00	10:00	15:00	15:30	20:00	25:00	30:00	31:00	35:00
5:05	10:10	15:15	15:46	20:20	25:25	30:30	31:31	35:35
5:10	10:20	15:30	16:01	20:40	25:50	31:00	32:02	36:10
5:15	10:30	15:45	16:17	21:00	26:15	31:30	32:33	36:45
5:20	10:40	16:00	16:32	21:20	26:40	32:00	33:04	37:20
5:25	10:50	16:15	16:48	21:40	27:05	32:30	33:35	37:55
5:30	11:00	16:30	17:03	22:00	27:30	33:00	34:06	38:30
5:35	11:10	16:45	17:19	22:20	27:55	33:30	34:37	39:05
5:40	11:20	17:00	17:34	22:40	28:20	34:00	35:08	39:40
5:45	11:30	17:15	17:50	23:00	28:45	34:30	35:39	40:15
5:50	11:40	17:30	18:05	23:20	29:10	35:00	36:10	40:50
5:55	11:50	17:45	18:21	23:40	29:35	35:30	36:41	41:25
6:00	12:00	18:00	18:36	24:00	30:00	36:00	37:12	42:00
6:05	12:10	18:15	18:52	24:20	30:25	36:30	37:43	42:35
6:10	12:20	18:30	19:07	24:40	30:50	37:00	38:14	43:10
6:15	12:30	18:45	19:23	25:00	31:15	37:30	38:45	43:45
6:20	12:40	19:00	19:38	25:20	31:40	38:00	39:16	44:20
6:25	12:50	19:15	19:54	25:40	32:05	38:30	39:47	44:55
6:30	13:00	19:30	20:09	26:00	32:30	39:00	40:18	45:30
6:35	13:10	19:45	20:25	26:20	32:55	39:30	40:49	46:05
6:40	13:20	20:00	20:40	26:40	33:20	40:00	41:20	46:40
6:45	13:30	20:15	20:56	27:00	33:45	40:30	41:51	47:15
6:50	13:40	20:30	21:11	27:20	34:10	41:00	42:22	47:50
6:55	13:50	20:45	21:27	27:40	34:35	41:30	42:53	48:25
7:00	14:00	21:00	21:42	28:00	35:00	42:00	43:24	49:00
7:05	14:10	21:15	21:58	28:20	35:25	42:30	43:55	49:35
7:10	14:20	21:30	22:13	28:40	35:50	43:00	44:26	50:10
7:15	14:30	21:45	22:29	29:00	36:15	43:30	44:57	50:45
7:20	14:40	22:00	22:44	29:20	36:40	44:00	45:28	51:20
7:25	14:50	22:15	23:00	29:40	37:05	44:30	45:59	51:55
7:30	15:00	22:30	23:15	30:00	37:30	45:00	46:30	52:30
7:35	15:10	22:45	23:31	30:20	37:55	45:30	47:01	53:05
7:40	15:20	23:00	23:46	30:40	38:20	46:00	47:32	53:40
7:45	15:30	23:15	24:02	31:00	38:45	46:30	48:03	54:15
7:50	15:40	23:30	24:17	31:20	39:10	47:00	48:34	54:50
7:55	15:50	23:45	24:33	31:40	39:35	47:30	49:05	55:25
8:00	16:00	24:00	24:48	32:00	40:00	48:00	49:36	56:00
8:05	16:10	24:15	25:04	32:20	40:25	48:30	50:07	56:35
8:10	16:20	24:30	25:19	32:40	40:50	49:00	50:38	57:10
8:15	16:30	24:45	25:35	33:00	41:15	49:30	51:09	57:45
8:20	16:40	25:00	25:50	33:20	41:40	50:00	51:40	58:20
8:25	16:50	25:15	26:06	33:40	42:05	50:30	52:11	58:55
8:30	17:00	25:30	26:21	34:00	42:30	51:00	52:42	59:30
8:35	17:10	25:45	26:37	34:20	42:55	51:30	53:13	1:00:05
8:40	17:20	26:00	26:52	34:40	43:20	52:00	53:44	1:00:40
8:45	17:30	26:15	27:08	35:00	43:45	52:30	54:15	1:01:15
8:50	17:40	26:30	27:23	35:20	44:10	53:00	54:46	1:01:50
8:55	17:50	26:45	27:39	35:40	44:35	53:30	55:17	1:02:25
9:00	18:00	27:00	27:54	36:00	45:00	54:00	55:48	1:03:00
9:10	18:20	27:30	28:25	36:40	45:50	55:00	56:50	1:04:10
9:20	18:40	28:00	28:56	37:20	46:40	56:00	57:52	1:05:20
9:30	19:00	28:30	29:27	38:00	47:30	57:00	58:54	1:06:30
9:40	19:20	29:00	29:58	38:40	48:20	58:00	59:56	1:07:40
9:50	19:40	29:30	30:29	39:20	49:10	59:00	1:00:58	1:08:50
	20:00	30:00	31:00	40:00	50:00	1:00:00	1:02:00	1:10:00

THE CORUNNA DISTANCE RUNNING PROGRAM

PACE TABLES FOR CALCULATING PACE PER MILE (PPM)

Simply find your approximate time under the column for the distance you ran, then go to the left side of the page to find your pace per mile for that run to the nearest five seconds.

PPM	8 MILES	9 MILES	10 MILES	11 MILES	12 MILES	13 MILES	14 MILES	15 MILES
4:40	37:20	42:00	46:40	51:20	56:00	1:00:40	1:05:20	1:10:00
4:45	38:00	42:45	47:30	52:15	57:00	1:01:45	1:06:30	1:11:15
4:50	38:40	43:30	48:20	53:10	58:00	1:02:50	1:07:40	1:12:30
4:55	39:20	44:15	49:10	54:05	59:00	1:03:55	1:08:50	1:13:45
5:00	40:00	45:00	50:00	55:00	1:00:00	1:05:00	1:10:00	1:15:00
5:05	40:40	45:45	50:50	55:55	1:01:00	1:06:05	1:11:10	1:16:15
5:10	41:20	46:30	51:40	56:50	1:02:00	1:07:10	1:12:20	1:17:30
5:15	42:00	47:15	52:30	57:45	1:03:00	1:08:15	1:13:30	1:18:45
5:20	42:40	48:00	53:20	58:40	1:04:00	1:09:20	1:14:40	1:20:00
5:25	43:20	48:45	54:10	59:35	1:05:00	1:10:25	1:15:50	1:21:15
5:30	44:00	49:30	55:00	1:00:30	1:06:00	1:11:30	1:17:00	1:22:30
5:35	44:40	50:15	55:50	1:01:25	1:07:00	1:12:35	1:18:10	1:23:45
5:40	45:20	51:00	56:40	1:02:20	1:08:00	1:13:40	1:19:20	1:25:00
5:45	46:00	51:45	57:30	1:03:15	1:09:00	1:14:45	1:20:30	1:26:15
5:50	46:40	52:30	58:20	1:04:10	1:10:00	1:15:50	1:21:40	1:27:30
5:55	47:20	53:15	59:10	1:05:05	1:11:00	1:16:55	1:22:50	1:28:45
6:00	48:00	54:00	1:00:00	1:06:00	1:12:00	1:18:00	1:24:00	1:30:00
6:05	48:40	54:45	1:00:50	1:06:55	1:13:00	1:19:05	1:25:10	1:31:15
6:10	49:20	55:30	1:01:40	1:07:50	1:14:00	1:20:10	1:26:20	1:32:30
6:15	50:00	56:15	1:02:30	1:08:45	1:15:00	1:21:15	1:27:30	1:33:45
6:20	50:40	57:00	1:03:20	1:09:40	1:16:00	1:22:20	1:28:40	1:35:00
6:25	51:20	57:45	1:04:10	1:10:35	1:17:00	1:23:25	1:29:50	1:36:15
6:30	52:00	58:30	1:05:00	1:11:30	1:18:00	1:24:30	1:31:00	1:37:30
6:35	52:40	59:15	1:05:50	1:12:25	1:19:00	1:25:35	1:32:10	1:38:45
6:40	53:20	1:00:00	1:06:40	1:13:20	1:20:00	1:26:40	1:33:20	1:40:00
6:45	54:00	1:00:45	1:07:30	1:14:15	1:21:00	1:27:45	1:34:30	1:41:15
6:50	54:40	1:01:30	1:08:20	1:15:10	1:22:00	1:28:50	1:35:40	1:42:30
6:55	55:20	1:02:15	1:09:10	1:16:05	1:23:00	1:29:55	1:36:50	1:43:45
7:00	56:00	1:03:00	1:10:00	1:17:00	1:24:00	1:31:00	1:38:00	1:45:00
7:05	56:40	1:03:45	1:10:50	1:17:55	1:25:00	1:32:05	1:39:10	1:46:15
7:10	57:20	1:04:30	1:11:40	1:18:50	1:26:00	1:33:10	1:40:20	1:47:30
7:15	58:00	1:05:15	1:13:30	1:19:45	1:27:00	1:34:15	1:41:30	1:48:45
7:20	58:40	1:06:00	1:13:20	1:20:40	1:28:00	1:35:20	1:42:40	1:50:00
7:25	59:20	1:06:45	1:14:10	1:21:35	1:29:00	1:36:25	1:43:50	1:51:15
7:30	1:00:00	1:07:30	1:15:00	1:22:30	1:30:00	1:37:30	1:45:00	1:52:30
7:35	1:00:40	1:08:15	1:15:50	1:23:25	1:31:00	1:38:35	1:46:10	1:53:45
7:40	1:01:20	1:09:00	1:16:40	1:24:20	1:32:00	1:39:40	1:47:20	1:55:00
7:45	1:02:00	1:09:45	1:17:30	1:25:15	1:33:00	1:40:45	1:48:30	1:56:15
7:50	1:02:40	1:10:30	1:18:20	1:26:10	1:34:00	1:41:50	1:49:40	1:57:30
7:55	1:03:20	1:11:15	1:19:10	1:27:05	1:35:00	1:42:55	1:50:50	1:48:45
8:00	1:04:00	1:12:00	1:20:00	1:28:00	1:36:00	1:44:00	1:52:00	2:00:00
8:05	1:04:40	1:12:45	1:20:50	1:28:55	1:37:00	1:45:05	1:53:10	2:01:15
8:10	1:05:20	1:13:30	1:21:40	1:29:50	1:38:00	1:46:10	1:54:20	2:02:30
8:15	1:06:00	1:14:15	1:22:30	1:30:45	1:39:00	1:47:15	1:55:30	2:03:45
8:20	1:06:40	1:15:00	1:23:20	1:31:40	1:40:00	1:48:20	1:56:40	2:05:00
8:25	1:07:20	1:15:45	1:24:10	1:32:35	1:41:00	1:49:25	1:57:50	2:06:15
8:30	1:08:00	1:16:30	1:25:00	1:33:30	1:42:00	1:50:30	1:59:00	2:07:30
8:35	1:08:40	1:17:15	1:25:50	1:34:25	1:43:00	1:51:35	2:00:10	2:08:45
8:40	1:09:20	1:18:00	1:26:40	1:35:20	1:44:00	1:52:40	2:01:20	2:10:00
8:45	1:10:00	1:18:45	1:27:30	1:36:15	1:45:00	1:53:45	2:02:30	2:11:15
8:50	1:10:40	1:19:30	1:28:20	1:37:10	1:46:00	1:54:50	2:03:40	2:12:30
8:55	1:11:20	1:20:15	1:28:10	1:38:05	1:47:00	1:55:55	2:04:50	2:13:45
9:00	1:12:00	1:21:00	1:30:00	1:39:00	1:48:00	1:57:00	2:06:00	2:15:00
9:05	1:12:40	1:21:45	1:30:50	1:39:55	1:49:00	1:58:05	2:07:10	2:16:15
9:10	1:13:20	1:22:30	1:31:40	1:40:50	1:50:00	1:59:10	2:08:20	2:17:30
9:15	1:14:00	1:23:15	1:32:30	1:41:45	1:51:00	2:00:15	2:09:30	2:18:45
9:20	1:14:40	1:24:00	1:33:20	1:42:40	1:52:00	2:01:20	2:10:40	2:20:00
9:25	1:16:00	1:25:30	1:35:00	1:44:30	1:54:00	2:03:30	2:13:00	2:22:30
9:40	1:17:20	1:27:00	1:36:40	1:46:20	1:56:00	2:05:40	2:15:20	2:25:00
9:50	1:18:40	1:28:30	1:38:20	1:48:10	1:58:00	2:07:50	2:17:40	2:27:30
10:00	1:20:00	1:30:00	1:40:00	1:50:00	2:00:00	2:10:00	2:20:00	2:30:00