



TRAVERSE CITY
TRACK CLUB

LONG SLOW RUN PACING CHART

Race Pace (Min/Mile)	10% Slower	20% Slower
6:00	6:36	7:12
6:15	6:53	7:30
6:30	7:09	7:48
6:45	7:26	8:06
7:00	7:42	8:24
7:15	7:59	8:42
7:30	8:15	9:00
7:45	8:32	9:18
8:00	8:48	9:36
8:15	9:05	9:54
8:30	9:21	10:12
8:45	9:38	10:30
9:00	9:54	10:48
9:15	10:11	11:06
9:30	10:27	11:24
9:45	10:44	11:42
10:00	11:00	12:00
10:15	11:17	12:18
10:30	11:33	12:36
10:45	10:50	12:54
11:00	12:06	13:12
11:15	12:18	13:30
11:30	12:39	13:48
11:45	12:56	14:06
12:00	13:12	14:24