

Marathon Groups	Long Run Paces per mile	Long Run Paces per kilometer	
3:30-3:45	8:25-9:43	5:14-6:02	
3:50-4:10	9:05-10:25	5:39-6:28	
4:15-4:30	9:49-11:04	6:06-6:53	
4:40-Finish	10:30-11:44	6:31-7:17	
KEEP GROUPS TOGETHER			

Check out www.mcmillanrunning.com which you can use for determining workout paces – located under CALCULATOR

Half Marathon Groups	Long Run Paces per mile	Long Run Paces per kilometer	
1:40-1:55	8:23-9:25	5:13-5:51	
1:55-2:00	9:10-10:28	5:42-6:30	
2:00-2:05	9:42-10:59	6:02-6:49	
2:10-2:15	10:27-11:41	6:30-7:16	
2:20-2:30	11:24-12:15	7:05-7:37	
Finish	11:47-12:40	7:19-7:62	