



### Marathon Training Pace Zones

Goal		Speed	Tempo	Power	Marathon	Long	Easy
Time	Pace						
2:15:00	05:09	04:29 - 04:38	04:47 - 04:57	04:58 - 05:03	05:06 - 05:14	05:18 - 05:31	05:31 - 06:39
2:20:00	05:20	04:39 - 04:48	04:58 - 05:08	05:09 - 05:14	05:17 - 05:25	05:30 - 05:43	05:43 - 06:50
2:25:00	05:32	04:49 - 04:59	05:09 - 05:19	05:20 - 05:25	05:29 - 05:37	05:42 - 05:55	05:55 - 07:02
2:30:00	05:43	04:59 - 05:09	05:19 - 05:30	05:31 - 05:36	05:40 - 05:48	05:54 - 06:07	06:07 - 07:13
2:35:00	05:55	05:09 - 05:19	05:30 - 05:41	05:42 - 05:48	05:51 - 06:00	06:05 - 06:20	06:20 - 07:25
2:40:00	06:06	05:19 - 05:30	05:41 - 05:52	05:53 - 05:59	06:02 - 06:12	06:17 - 06:32	06:32 - 07:36
2:45:00	06:18	05:29 - 05:40	05:51 - 06:02	06:04 - 06:10	06:14 - 06:23	06:29 - 06:44	06:44 - 07:48
2:50:00	06:29	05:38 - 05:50	06:02 - 06:13	06:15 - 06:21	06:25 - 06:35	06:41 - 06:56	06:56 - 07:59
2:55:00	06:40	05:48 - 06:00	06:12 - 06:24	06:26 - 06:32	06:36 - 06:46	06:52 - 07:09	07:09 - 08:10
3:00:00	06:52	05:58 - 06:11	06:23 - 06:35	06:38 - 06:44	06:48 - 06:58	07:04 - 07:21	07:21 - 08:22
3:05:00	07:03	06:08 - 06:21	06:34 - 06:46	06:49 - 06:55	06:59 - 07:10	07:16 - 07:33	07:33 - 08:33
3:10:00	07:15	06:18 - 06:31	06:44 - 06:57	07:00 - 07:06	07:10 - 07:21	07:28 - 07:45	07:45 - 08:45
3:15:00	07:26	06:28 - 06:42	06:55 - 07:08	07:11 - 07:17	07:22 - 07:33	07:40 - 07:57	07:57 - 08:56
3:20:00	07:38	06:38 - 06:52	07:06 - 07:19	07:22 - 07:29	07:33 - 07:45	07:51 - 08:10	08:10 - 09:06
3:25:00	07:49	06:48 - 07:02	07:16 - 07:30	07:33 - 07:40	07:44 - 07:56	08:03 - 08:22	08:22 - 09:16
3:30:00	08:01	06:58 - 07:13	07:27 - 07:41	07:44 - 07:51	07:56 - 08:08	08:15 - 08:34	08:34 - 09:26
3:35:00	08:12	07:08 - 07:23	07:38 - 07:52	07:55 - 08:02	08:07 - 08:19	08:27 - 08:46	08:46 - 09:36
3:40:00	08:23	07:18 - 07:33	07:48 - 08:03	08:06 - 08:13	08:18 - 08:31	08:39 - 08:59	08:59 - 09:46
3:45:00	08:35	07:28 - 07:43	07:59 - 08:14	08:17 - 08:25	08:30 - 08:43	08:50 - 09:11	09:11 - 09:56
3:50:00	08:46	07:38 - 07:54	08:09 - 08:25	08:28 - 08:36	08:41 - 08:54	09:02 - 09:23	09:23 - 10:06
3:55:00	08:58	07:48 - 08:04	08:20 - 08:36	08:39 - 08:47	08:52 - 09:06	09:14 - 09:35	09:35 - 10:16
4:00:00	09:09	07:58 - 08:14	08:31 - 08:47	08:50 - 08:58	09:04 - 09:17	09:26 - 09:48	09:48 - 10:26
4:05:00	09:21	08:08 - 08:25	08:41 - 08:58	09:01 - 09:09	09:15 - 09:29	09:37 - 10:00	10:00 - 10:36
4:10:00	09:32	08:18 - 08:35	08:52 - 09:09	09:12 - 09:21	09:26 - 09:41	09:49 - 10:12	10:12 - 10:46
4:15:00	09:44	08:28 - 08:45	09:03 - 09:20	09:23 - 09:32	09:38 - 09:52	10:01 - 10:24	10:24 - 10:56
4:20:00	09:55	08:38 - 08:55	09:13 - 09:31	09:34 - 09:43	09:49 - 10:04	10:13 - 10:37	10:37 - 11:05
4:25:00	10:06	08:48 - 09:06	09:24 - 09:42	09:45 - 09:54	10:00 - 10:16	10:25 - 10:49	10:49 - 11:15
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4:45:00	10:52	09:27 - 09:47	10:07 - 10:26	10:29 - 10:39	10:46 - 11:02	11:12 - 11:38	11:38 - 11:55
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4:55:00	11:15	09:47 - 10:08	10:28 - 10:48	10:51 - 11:02	11:08 - 11:25	11:35 - 12:02	12:02 - 12:15
5:00:00	11:27	09:57 - 10:18	10:38 - 10:59	11:03 - 11:13	11:20 - 11:37	11:47 - 12:15	12:15 - 12:27
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5:40:00	12:58	11:17 - 11:40	12:04 - 12:27	12:31 - 12:43	12:50 - 13:10	13:21 - 13:53	13:53 - 13:58
5:45:00	13:10	11:27 - 11:51	12:14 - 12:38	12:42 - 12:54	13:02 - 13:21	13:33 - 14:05	14:05 - 14:10
5:50:00	13:21	11:37 - 12:01	12:25 - 12:49	12:53 - 13:05	13:13 - 13:33	13:45 - 14:17	14:17 - 14:21
5:55:00	13:32	11:47 - 12:11	12:36 - 13:00	13:04 - 13:16	13:24 - 13:45	13:57 - 14:29	14:29 - 14:32
6:00:00	13:44	11:57 - 12:21	12:46 - 13:11	13:15 - 13:27	13:36 - 13:56	14:09 - 14:42	14:42 - 14:44

Additional Resources @ [jaredward.us/philadelphia-marathon](http://jaredward.us/philadelphia-marathon)