



### Training Pace Zones

Find your goal marathon or half marathon time, and see the corresponding race and training paces in the columns to the right.

Goal Half	Goal		Speed	Tempo	Power	GPM*	Long	Easy
	Time	Pace						
1:04:22	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
1:06:46	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
1:09:11	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
1:11:37	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
1:14:02	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
1:16:29	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
1:18:56	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
1:21:23	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
1:23:51	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
1:26:18	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
1:28:47	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
1:31:15	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
1:33:44	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
1:36:13	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
1:38:42	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
1:41:11	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
1:43:41	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
1:46:10	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
1:48:40	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
1:51:10	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
1:53:40	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
1:56:10	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
1:58:40	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
2:01:10	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
2:03:40	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
2:06:10	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
2:08:40	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
2:11:10	4:30:00	10:18	08:58 - 09:16	09:35 - 09:53	09:56 - 10:06	10:12 - 10:27	10:36 - 11:01	11:01 - 11:25
2:13:40	4:35:00	10:29	09:08 - 09:26	09:45 - 10:04	10:07 - 10:17	10:23 - 10:39	10:48 - 11:13	11:13 - 11:35
2:16:10	4:40:00	10:41	09:17 - 09:37	09:56 - 10:15	10:18 - 10:28	10:34 - 10:50	11:00 - 11:26	11:26 - 11:45
2:18:40	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
2:21:10	4:50:00	11:04	09:37 - 09:57	10:17 - 10:37	10:40 - 10:50	10:57 - 11:14	11:24 - 11:50	11:50 - 12:05
2:23:40	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
2:26:09	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
2:28:39	5:05:00	11:38	10:07 - 10:28	10:49 - 11:10	11:14 - 11:24	11:31 - 11:48	11:59 - 12:27	12:27 - 12:38
3:31:08	5:10:00	11:49	10:17 - 10:38	11:00 - 11:21	11:25 - 11:35	11:42 - 12:00	12:11 - 12:39	12:39 - 12:49
2:33:37	5:15:00	12:01	10:27 - 10:49	11:10 - 11:32	11:36 - 11:46	11:54 - 12:12	12:22 - 12:51	12:51 - 13:01
2:36:06	5:20:00	12:12	10:37 - 10:59	11:21 - 11:43	11:47 - 11:58	12:05 - 12:23	12:34 - 13:04	13:04 - 13:12
2:38:35	5:25:00	12:24	10:47 - 11:09	11:32 - 11:54	11:58 - 12:09	12:16 - 12:35	12:46 - 13:16	13:16 - 13:24
2:41:04	5:30:00	12:35	10:57 - 11:20	11:42 - 12:05	12:09 - 12:20	12:28 - 12:47	12:58 - 13:28	13:28 - 13:35
2:43:32	5:35:00	12:47	11:07 - 11:30	11:53 - 12:16	12:20 - 12:31	12:39 - 12:58	13:10 - 13:40	13:40 - 13:47
2:46:01	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
2:48:29	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
2:50:57	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
3:53:25	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
2:55:53	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

\*Goal Marathon Pace (Note that this training zone applies also to half marathon training)

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