

Pace Chart

This pace chart was developed with training in mind. If you want to run 800 meter intervals at your 5K goal pace, locate your goal pace in the 5000m column and follow the row to the left to the 800m column. This will be your 5K goal pace over 800 meters. For example, if your 5K goal time is 20:00, your 800m interval at goal pace is 3:12.

200m	400m	800m	1000m	1200m	1600m	5000m	10000m	13.1M	26.2M
0:00:38	0:01:17	0:02:34	0:03:12	0:03:50	0:05:07	0:16:00	0:32:00	1:07:28	2:14:56
0:00:39	0:01:18	0:02:36	0:03:15	0:03:54	0:05:12	0:16:15	0:32:30	1:08:31	2:17:02
0:00:40	0:01:19	0:02:38	0:03:18	0:03:58	0:05:17	0:16:30	0:33:00	1:09:34	2:19:09
0:00:40	0:01:20	0:02:41	0:03:21	0:04:01	0:05:22	0:16:45	0:33:30	1:10:38	2:21:15
0:00:41	0:01:22	0:02:43	0:03:24	0:04:05	0:05:26	0:17:00	0:34:00	1:11:41	2:23:22
0:00:41	0:01:23	0:02:46	0:03:27	0:04:08	0:05:31	0:17:15	0:34:30	1:12:44	2:25:28
0:00:42	0:01:24	0:02:48	0:03:30	0:04:12	0:05:36	0:17:30	0:35:00	1:13:47	2:27:35
0:00:43	0:01:25	0:02:50	0:03:33	0:04:16	0:05:41	0:17:45	0:35:30	1:14:51	2:29:41
0:00:43	0:01:26	0:02:53	0:03:36	0:04:19	0:05:46	0:18:00	0:36:00	1:15:54	2:31:48
0:00:44	0:01:28	0:02:55	0:03:39	0:04:23	0:05:50	0:18:15	0:36:30	1:16:57	2:33:54
0:00:44	0:01:29	0:02:58	0:03:42	0:04:26	0:05:55	0:18:30	0:37:00	1:18:00	2:36:01
0:00:45	0:01:30	0:03:00	0:03:45	0:04:30	0:06:00	0:18:45	0:37:30	1:19:04	2:38:07
0:00:46	0:01:31	0:03:02	0:03:48	0:04:34	0:06:05	0:19:00	0:38:00	1:20:07	2:40:14
0:00:46	0:01:32	0:03:05	0:03:51	0:04:37	0:06:10	0:19:15	0:38:30	1:21:10	2:42:20
0:00:47	0:01:34	0:03:07	0:03:54	0:04:41	0:06:14	0:19:30	0:39:00	1:22:13	2:44:27
0:00:47	0:01:35	0:03:10	0:03:57	0:04:44	0:06:19	0:19:45	0:39:30	1:23:17	2:46:33
0:00:48	0:01:36	0:03:12	0:04:00	0:04:48	0:06:24	0:20:00	0:40:00	1:24:20	2:48:40
0:00:49	0:01:37	0:03:14	0:04:03	0:04:52	0:06:29	0:20:15	0:40:30	1:25:23	2:50:46
0:00:49	0:01:38	0:03:17	0:04:06	0:04:55	0:06:34	0:20:30	0:41:00	1:26:26	2:52:53
0:00:50	0:01:40	0:03:19	0:04:09	0:04:59	0:06:38	0:20:45	0:41:30	1:27:30	2:54:59

Pace Chart

This pace chart was developed with training in mind. If you want to run 800 meter intervals at your 5K goal pace, locate your goal pace in the 5000m column and follow the row to the left to the 800m column. This will be your 5K goal pace over 800 meters. For example, if your 5K goal time is 20:00, your 800m interval at goal pace is 3:12.

200m	400m	800m	1000m	1200m	1600m	5000m	10000m	13.1M	26.2M
0:00:50	0:01:41	0:03:22	0:04:12	0:05:02	0:06:43	0:21:00	0:42:00	1:28:33	2:57:06
0:00:51	0:01:42	0:03:24	0:04:15	0:05:06	0:06:48	0:21:15	0:42:30	1:29:36	2:59:12
0:00:52	0:01:43	0:03:26	0:04:18	0:05:10	0:06:53	0:21:30	0:43:00	1:30:39	3:01:19
0:00:52	0:01:44	0:03:29	0:04:21	0:05:13	0:06:58	0:21:45	0:43:30	1:31:43	3:03:25
0:00:53	0:01:46	0:03:31	0:04:24	0:05:17	0:07:02	0:22:00	0:44:00	1:32:46	3:05:32
0:00:53	0:01:47	0:03:34	0:04:27	0:05:20	0:07:07	0:22:15	0:44:30	1:33:49	3:07:38
0:00:54	0:01:48	0:03:36	0:04:30	0:05:24	0:07:12	0:22:30	0:45:00	1:34:52	3:09:44
0:00:55	0:01:49	0:03:38	0:04:33	0:05:28	0:07:17	0:22:45	0:45:30	1:35:55	3:11:51
0:00:55	0:01:50	0:03:41	0:04:36	0:05:31	0:07:22	0:23:00	0:46:00	1:36:59	3:13:57
0:00:56	0:01:52	0:03:43	0:04:39	0:05:35	0:07:26	0:23:15	0:46:30	1:38:02	3:16:04
0:00:56	0:01:53	0:03:46	0:04:42	0:05:38	0:07:31	0:23:30	0:47:00	1:39:05	3:18:10
0:00:57	0:01:54	0:03:48	0:04:45	0:05:42	0:07:36	0:23:45	0:47:30	1:40:08	3:20:17
0:00:58	0:01:55	0:03:50	0:04:48	0:05:46	0:07:41	0:24:00	0:48:00	1:41:12	3:22:23
0:00:58	0:01:56	0:03:53	0:04:51	0:05:49	0:07:46	0:24:15	0:48:30	1:42:15	3:24:30
0:00:59	0:01:58	0:03:55	0:04:54	0:05:53	0:07:50	0:24:30	0:49:00	1:43:18	3:26:36
0:00:59	0:01:59	0:03:58	0:04:57	0:05:56	0:07:55	0:24:45	0:49:30	1:44:21	3:28:43
0:01:00	0:02:00	0:04:00	0:05:00	0:06:00	0:08:00	0:25:00	0:50:00	1:45:25	3:30:49
0:01:01	0:02:01	0:04:02	0:05:03	0:06:04	0:08:05	0:25:15	0:50:30	1:46:28	3:32:56
0:01:01	0:02:02	0:04:05	0:05:06	0:06:07	0:08:10	0:25:30	0:51:00	1:47:31	3:35:02
0:01:02	0:02:04	0:04:07	0:05:09	0:06:11	0:08:14	0:25:45	0:51:30	1:48:34	3:37:09

Pace Chart

This pace chart was developed with training in mind. If you want to run 800 meter intervals at your 5K goal pace, locate your goal pace in the 5000m column and follow the row to the left to the 800m column. This will be your 5K goal pace over 800 meters. For example, if your 5K goal time is 20:00, your 800m interval at goal pace is 3:12.

200m	400m	800m	1000m	1200m	1600m	5000m	10000m	13.1M	26.2M
0:01:02	0:02:05	0:04:10	0:05:12	0:06:14	0:08:19	0:26:00	0:52:00	1:49:38	3:39:15
0:01:03	0:02:06	0:04:12	0:05:15	0:06:18	0:08:24	0:26:15	0:52:30	1:50:41	3:41:22
0:01:04	0:02:07	0:04:14	0:05:18	0:06:22	0:08:29	0:26:30	0:53:00	1:51:44	3:43:28
0:01:04	0:02:08	0:04:17	0:05:21	0:06:25	0:08:34	0:26:45	0:53:30	1:52:47	3:45:35
0:01:05	0:02:10	0:04:19	0:05:24	0:06:29	0:08:38	0:27:00	0:54:00	1:53:51	3:47:41
0:01:05	0:02:11	0:04:22	0:05:27	0:06:32	0:08:43	0:27:15	0:54:30	1:54:54	3:49:48
0:01:06	0:02:12	0:04:24	0:05:30	0:06:36	0:08:48	0:27:30	0:55:00	1:55:57	3:51:54
0:01:07	0:02:13	0:04:26	0:05:33	0:06:40	0:08:53	0:27:45	0:55:30	1:57:00	3:54:01
0:01:07	0:02:14	0:04:29	0:05:36	0:06:43	0:08:58	0:28:00	0:56:00	1:58:04	3:56:07
0:01:08	0:02:16	0:04:31	0:05:39	0:06:47	0:09:02	0:28:15	0:56:30	1:59:07	3:58:14
0:01:08	0:02:17	0:04:34	0:05:42	0:06:50	0:09:07	0:28:30	0:57:00	2:00:10	4:00:20
0:01:09	0:02:18	0:04:36	0:05:45	0:06:54	0:09:12	0:28:45	0:57:30	2:01:13	4:02:27
0:01:10	0:02:19	0:04:38	0:05:48	0:06:58	0:09:17	0:29:00	0:58:00	2:02:17	4:04:33
0:01:10	0:02:20	0:04:41	0:05:51	0:07:01	0:09:22	0:29:15	0:58:30	2:03:20	4:06:40
0:01:11	0:02:22	0:04:43	0:05:54	0:07:05	0:09:26	0:29:30	0:59:00	2:04:23	4:08:46
0:01:11	0:02:23	0:04:46	0:05:57	0:07:08	0:09:31	0:29:45	0:59:30	2:05:26	4:10:53
0:01:12	0:02:24	0:04:48	0:06:00	0:07:12	0:09:36	0:30:00	1:00:00	2:06:30	4:12:59
0:01:13	0:02:25	0:04:50	0:06:03	0:07:16	0:09:41	0:30:15	1:00:30	2:07:33	4:15:06
0:01:13	0:02:26	0:04:53	0:06:06	0:07:19	0:09:46	0:30:30	1:01:00	2:08:36	4:17:12
0:01:14	0:02:28	0:04:55	0:06:09	0:07:23	0:09:50	0:30:45	1:01:30	2:09:39	4:19:19

Pace Chart

This pace chart was developed with training in mind. If you want to run 800 meter intervals at your 5K goal pace, locate your goal pace in the 5000m column and follow the row to the left to the 800m column. This will be your 5K goal pace over 800 meters. For example, if your 5K goal time is 20:00, your 800m interval at goal pace is 3:12.

200m	400m	800m	1000m	1200m	1600m	5000m	10000m	13.1M	26.2M
0:01:14	0:02:29	0:04:58	0:06:12	0:07:26	0:09:55	0:31:00	1:02:00	2:10:43	4:21:25
0:01:15	0:02:30	0:05:00	0:06:15	0:07:30	0:10:00	0:31:15	1:02:30	2:11:46	4:23:32
0:01:16	0:02:31	0:05:02	0:06:18	0:07:34	0:10:05	0:31:30	1:03:00	2:12:49	4:25:38
0:01:16	0:02:32	0:05:05	0:06:21	0:07:37	0:10:10	0:31:45	1:03:30	2:13:52	4:27:45
0:01:17	0:02:34	0:05:07	0:06:24	0:07:41	0:10:14	0:32:00	1:04:00	2:14:56	4:29:51
0:01:17	0:02:35	0:05:10	0:06:27	0:07:44	0:10:19	0:32:15	1:04:30	2:15:59	4:31:58
0:01:18	0:02:36	0:05:12	0:06:30	0:07:48	0:10:24	0:32:30	1:05:00	2:17:02	4:34:04
0:01:19	0:02:37	0:05:14	0:06:33	0:07:52	0:10:29	0:32:45	1:05:30	2:18:05	4:36:11
0:01:19	0:02:38	0:05:17	0:06:36	0:07:55	0:10:34	0:33:00	1:06:00	2:19:09	4:38:17
0:01:20	0:02:40	0:05:19	0:06:39	0:07:59	0:10:38	0:33:15	1:06:30	2:20:12	4:40:24
0:01:20	0:02:41	0:05:22	0:06:42	0:08:02	0:10:43	0:33:30	1:07:00	2:21:15	4:42:30
0:01:21	0:02:42	0:05:24	0:06:45	0:08:06	0:10:48	0:33:45	1:07:30	2:22:18	4:44:37
0:01:22	0:02:43	0:05:26	0:06:48	0:08:10	0:10:53	0:34:00	1:08:00	2:23:22	4:46:43
0:01:22	0:02:44	0:05:29	0:06:51	0:08:13	0:10:58	0:34:15	1:08:30	2:24:25	4:48:50
0:01:23	0:02:46	0:05:31	0:06:54	0:08:17	0:11:02	0:34:30	1:09:00	2:25:28	4:50:56
0:01:23	0:02:47	0:05:34	0:06:57	0:08:20	0:11:07	0:34:45	1:09:30	2:26:31	4:53:03
0:01:24	0:02:48	0:05:36	0:07:00	0:08:24	0:11:12	0:35:00	1:10:00	2:27:35	4:55:09
0:01:25	0:02:49	0:05:38	0:07:03	0:08:28	0:11:17	0:35:15	1:10:30	2:28:38	4:57:16
0:01:25	0:02:50	0:05:41	0:07:06	0:08:31	0:11:22	0:35:30	1:11:00	2:29:41	4:59:22
0:01:26	0:02:52	0:05:43	0:07:09	0:08:35	0:11:26	0:35:45	1:11:30	2:30:44	5:01:29

Pace Chart

This pace chart was developed with training in mind. If you want to run 800 meter intervals at your 5K goal pace, locate your goal pace in the 5000m column and follow the row to the left to the 800m column. This will be your 5K goal pace over 800 meters. For example, if your 5K goal time is 20:00, your 800m interval at goal pace is 3:12.

200m	400m	800m	1000m	1200m	1600m	5000m	10000m	13.1M	26.2M
0:01:26	0:02:53	0:05:46	0:07:12	0:08:38	0:11:31	0:36:00	1:12:00	2:31:48	5:03:35
0:01:27	0:02:54	0:05:48	0:07:15	0:08:42	0:11:36	0:36:15	1:12:30	2:32:51	5:05:42
0:01:28	0:02:55	0:05:50	0:07:18	0:08:46	0:11:41	0:36:30	1:13:00	2:33:54	5:07:48
0:01:28	0:02:56	0:05:53	0:07:21	0:08:49	0:11:46	0:36:45	1:13:30	2:34:57	5:09:55
0:01:29	0:02:58	0:05:55	0:07:24	0:08:53	0:11:50	0:37:00	1:14:00	2:36:01	5:12:01
0:01:29	0:02:59	0:05:58	0:07:27	0:08:56	0:11:55	0:37:15	1:14:30	2:37:04	5:14:08
0:01:30	0:03:00	0:06:00	0:07:30	0:09:00	0:12:00	0:37:30	1:15:00	2:38:07	5:16:14
0:01:31	0:03:01	0:06:02	0:07:33	0:09:04	0:12:05	0:37:45	1:15:30	2:39:10	5:18:21
0:01:31	0:03:02	0:06:05	0:07:36	0:09:07	0:12:10	0:38:00	1:16:00	2:40:14	5:20:27
0:01:32	0:03:04	0:06:07	0:07:39	0:09:11	0:12:14	0:38:15	1:16:30	2:41:17	5:22:34
0:01:32	0:03:05	0:06:10	0:07:42	0:09:14	0:12:19	0:38:30	1:17:00	2:42:20	5:24:40
0:01:33	0:03:06	0:06:12	0:07:45	0:09:18	0:12:24	0:38:45	1:17:30	2:43:23	5:26:47
0:01:34	0:03:07	0:06:14	0:07:48	0:09:22	0:12:29	0:39:00	1:18:00	2:44:27	5:28:53
0:01:34	0:03:08	0:06:17	0:07:51	0:09:25	0:12:34	0:39:15	1:18:30	2:45:30	5:31:00
0:01:35	0:03:10	0:06:19	0:07:54	0:09:29	0:12:38	0:39:30	1:19:00	2:46:33	5:33:06
0:01:35	0:03:11	0:06:22	0:07:57	0:09:32	0:12:43	0:39:45	1:19:30	2:47:36	5:35:13
0:01:36	0:03:12	0:06:24	0:08:00	0:09:36	0:12:48	0:40:00	1:20:00	2:48:40	5:37:19
0:01:37	0:03:13	0:06:26	0:08:03	0:09:40	0:12:53	0:40:15	1:20:30	2:49:43	5:39:26
0:01:37	0:03:14	0:06:29	0:08:06	0:09:43	0:12:58	0:40:30	1:21:00	2:50:46	5:41:32
0:01:38	0:03:16	0:06:31	0:08:09	0:09:47	0:13:02	0:40:45	1:21:30	2:51:49	5:43:39

Pace Chart

This pace chart was developed with training in mind. If you want to run 800 meter intervals at your 5K goal pace, locate your goal pace in the 5000m column and follow the row to the left to the 800m column. This will be your 5K goal pace over 800 meters. For example, if your 5K goal time is 20:00, your 800m interval at goal pace is 3:12.

200m	400m	800m	1000m	1200m	1600m	5000m	10000m	13.1M	26.2M
0:01:38	0:03:17	0:06:34	0:08:12	0:09:50	0:13:07	0:41:00	1:22:00	2:52:53	5:45:45
0:01:39	0:03:18	0:06:36	0:08:15	0:09:54	0:13:12	0:41:15	1:22:30	2:53:56	5:47:52
0:01:40	0:03:19	0:06:38	0:08:18	0:09:58	0:13:17	0:41:30	1:23:00	2:54:59	5:49:58
0:01:40	0:03:20	0:06:41	0:08:21	0:10:01	0:13:22	0:41:45	1:23:30	2:56:02	5:52:05
0:01:41	0:03:22	0:06:43	0:08:24	0:10:05	0:13:26	0:42:00	1:24:00	2:57:06	5:54:11
0:01:41	0:03:23	0:06:46	0:08:27	0:10:08	0:13:31	0:42:15	1:24:30	2:58:09	5:56:18
0:01:42	0:03:24	0:06:48	0:08:30	0:10:12	0:13:36	0:42:30	1:25:00	2:59:12	5:58:24
0:01:43	0:03:25	0:06:50	0:08:33	0:10:16	0:13:41	0:42:45	1:25:30	3:00:15	6:00:31
0:01:43	0:03:26	0:06:53	0:08:36	0:10:19	0:13:46	0:43:00	1:26:00	3:01:19	6:02:37
0:01:44	0:03:28	0:06:55	0:08:39	0:10:23	0:13:50	0:43:15	1:26:30	3:02:22	6:04:44
0:01:44	0:03:29	0:06:58	0:08:42	0:10:26	0:13:55	0:43:30	1:27:00	3:03:25	6:06:50
0:01:45	0:03:30	0:07:00	0:08:45	0:10:30	0:14:00	0:43:45	1:27:30	3:04:28	6:08:57
0:01:46	0:03:31	0:07:02	0:08:48	0:10:34	0:14:05	0:44:00	1:28:00	3:05:32	6:11:03
0:01:46	0:03:32	0:07:05	0:08:51	0:10:37	0:14:10	0:44:15	1:28:30	3:06:35	6:13:10
0:01:47	0:03:34	0:07:07	0:08:54	0:10:41	0:14:14	0:44:30	1:29:00	3:07:38	6:15:16
0:01:47	0:03:35	0:07:10	0:08:57	0:10:44	0:14:19	0:44:45	1:29:30	3:08:41	6:17:23
0:01:48	0:03:36	0:07:12	0:09:00	0:10:48	0:14:24	0:45:00	1:30:00	3:09:44	6:19:29
0:01:49	0:03:37	0:07:14	0:09:03	0:10:52	0:14:29	0:45:15	1:30:30	3:10:48	6:21:35
0:01:49	0:03:38	0:07:17	0:09:06	0:10:55	0:14:34	0:45:30	1:31:00	3:11:51	6:23:42
0:01:50	0:03:40	0:07:19	0:09:09	0:10:59	0:14:38	0:45:45	1:31:30	3:12:54	6:25:48

Pace Chart

This pace chart was developed with training in mind. If you want to run 800 meter intervals at your 5K goal pace, locate your goal pace in the 5000m column and follow the row to the left to the 800m column. This will be your 5K goal pace over 800 meters. For example, if your 5K goal time is 20:00, your 800m interval at goal pace is 3:12.

200m	400m	800m	1000m	1200m	1600m	5000m	10000m	13.1M	26.2M
0:01:50	0:03:41	0:07:22	0:09:12	0:11:02	0:14:43	0:46:00	1:32:00	3:13:57	6:27:55