

Running Training Plan

Conversion chart for pace - distance - time

Convert mph to kph to min/mile to min/km — check lap and race times.

mile/h	km/h	min/mile	min/km	400m	5k	10k	1/2 mara	mara
4.00	6.44	15.00	9.19	3.44	46.35	1.33.10	3.16.38	6.33.17
4.20	6.76	14.17	8.53	3.33	44.25	1.28.50	3.07.15	6.14.29
4.35	7.00	13.48	8.34	3.26	42.50	1.25.40	3.00.55	6.01.49
4.40	7.08	13.38	8.28	3.23	42.20	1.24.40	2.58.43	5.57.27
4.60	7.40	13.03	8.06	3.14	40.30	1.21.00	2.51.05	5.42.09
4.80	7.72	12.30	7.46	3.06	38.50	1.17.40	2.43.52	5.27.44
4.97	8.00	12.04	7.30	3.00	37.30	1.15.00	2.38.11	5.16.22
5.00	8.05	12.00	7.27	2.59	37.15	1.14.30	2.37.19	5.14.38
5.20	8.37	11.32	7.10	2.52	35.50	1.11.40	2.31.12	5.02.23
5.40	8.69	11.07	6.54	2.46	34.30	1.09.00	2.25.44	4.51.28
5.59	9.00	10.44	6.40	2.40	33.20	1.06.40	2.20.42	4.41.25
5.60	9.01	10.43	6.39	2.40	33.15	1.06.30	2.20.29	4.40.59
5.80	9.33	10.21	6.26	2.34	32.10	1.04.20	2.15.41	4.31.22
6.00	9.66	10.00	6.13	2.29	31.05	1.02.10	2.11.06	4.22.11
6.20	9.98	9.41	6.01	2.24	30.05	1.00.10	2.06.57	4.13.53
6.21	10.00	9.39	6.00	2.24	30.00	1.00.00	2.06.30	4.13.01
6.40	10.30	9.23	5.50	2.20	29.10	0.58.20	2.03.01	4.06.01
6.60	10.62	9.05	5.39	2.16	28.15	0.56.30	1.59.05	3.58.09
6.80	10.94	8.49	5.29	2.12	27.25	0.54.50	1.55.35	3.51.10
6.84	11.00	8.47	5.27	2.11	27.15	0.54.30	1.55.09	3.50.17
7.00	11.27	8.34	5.20	2.08	26.40	0.53.20	1.52.18	3.44.36
7.20	11.59	8.20	5.11	2.04	25.55	0.51.50	1.49.15	3.38.29
7.40	11.91	8.06	5.02	2.01	25.10	0.50.20	1.46.11	3.32.22
7.46	12.00	8.03	5.00	2.00	25.00	0.50.00	1.45.32	3.31.04
7.60	12.23	7.54	4.54	1.58	24.30	0.49.00	1.43.34	3.27.08
7.80	12.55	7.42	4.47	1.55	23.55	0.47.50	1.40.57	3.21.53

mile/h	km/h	min/mile	min/km	400m	5k	10k	1/2 mara	mara
8.00	12.87	7.30	4.40	1.52	23.20	0.46.40	1.38.19	3.16.38
8.08	13.00	7.26	4.37	1.51	23.05	0.46.10	1.37.27	3.14.54
8.20	13.20	7.19	4.33	1.49	22.45	0.45.30	1.35.55	3.11.50
8.40	13.52	7.09	4.26	1.46	22.10	0.44.20	1.33.44	3.07.28
8.60	13.84	6.59	4.20	1.44	21.40	0.43.20	1.31.33	3.03.06
8.70	14.00	6.54	4.17	1.43	21.25	0.42.50	1.30.27	3.00.55
8.80	14.16	6.49	4.14	1.42	21.10	0.42.20	1.29.22	2.58.43
9.00	14.48	6.40	4.09	1.40	20.45	0.41.30	1.27.24	2.54.48
9.20	14.81	6.31	4.03	1.37	20.15	0.40.30	1.25.26	2.50.52
9.32	15.00	6.26	4.00	1.36	20.00	0.40.00	1.24.20	2.48.40
9.40	15.13	6.23	3.58	1.35	19.50	0.39.40	1.23.41	2.47.22
9.60	15.45	6.15	3.53	1.33	19.25	0.38.50	1.21.56	2.43.52
9.80	15.77	6.07	3.48	1.31	19.00	0.38.00	1.20.11	2.40.22
9.94	16.00	6.02	3.45	1.30	18.45	0.37.30	1.19.06	2.38.11
10.00	16.09	6.00	3.44	1.30	18.40	0.37.20	1.18.39	2.37.19
10.20	16.42	5.53	3.39	1.28	18.15	0.36.30	1.17.08	2.34.15
10.40	16.74	5.46	3.35	1.26	17.55	0.35.50	1.15.36	2.31.12
10.56	17.00	5.41	3.32	1.25	17.40	0.35.20	1.14.30	2.29.01
10.60	17.06	5.40	3.31	1.24	17.35	0.35.10	1.14.17	2.28.34
10.80	17.38	5.33	3.27	1.23	17.15	0.34.30	1.12.45	2.25.31
11.00	17.70	5.27	3.23	1.21	16.55	0.33.50	1.11.27	2.22.54
11.18	18.00	5.22	3.20	1.20	16.40	0.33.20	1.10.21	2.20.42
11.20	18.02	5.21	3.20	1.20	16.40	0.33.20	1.10.08	2.20.16
11.40	18.35	5.16	3.16	1.18	16.20	0.32.40	1.09.03	2.18.05
11.60	18.67	5.10	3.13	1.17	16.05	0.32.10	1.07.44	2.15.28
11.80	18.99	5.05	3.10	1.16	15.50	0.31.40	1.06.38	2.13.17
11.81	19.00	5.05	3.09	1.16	15.45	0.31.30	1.06.38	2.13.17
12.00	19.31	5.00	3.06	1.14	15.30	0.31.00	1.05.33	2.11.06
12.20	19.63	4.55	3.03	1.13	15.15	0.30.30	1.04.27	2.08.55
12.40	19.96	4.50	3.00	1.12	15.00	0.30.00	1.03.22	2.06.43
12.43	20.00	4.50	3.00	1.12	15.00	0.30.00	1.03.22	2.06.43
12.60	20.28	4.46	2.58	1.11	14.50	0.29.40	1.02.29	2.04.59
12.80	20.60	4.41	2.55	1.10	14.35	0.29.10	1.01.24	2.02.47
13.00	20.92	4.37	2.52	1.09	14.20	0.28.40	1.00.31	2.01.03