Regis Harriers General Tempo Run Pace Guide

The times below are not meant to be exact. They are meant to help you have a general idea on how to pace a tempo workout. Being reasonably close is good enough. Slightly slower than your expected pace is not an indication of a “bad” tempo run.

Considerations/Goals for Tempo Run

1) Comfortably hard! Get cozy being uncomfortable.
2) It’s far better to cut down the pace then start out to too fast and slow down drastically.
3) Try to keep the pace (or effort) consistent throughout the entire tempo run.
4) Don’t be overly tied to the watch. Some days you will work out on varying terrain some miles may be faster/slower than others.

Estimated Current Mile Time	Estimated Current 5K Time on Similar Course & Conditions	Tempo Run Effort Pace Per Mile
4:13-4:19	14:33-14:55	5:05-5:13
4:20-4:26	14:55-15:18	5:13-5:20
4:26-4:33	15:18-15:42	5:20-5:28
4:33-4:41	15:42-16:07	5:28-5:36
4:41-4:49	16:07-16:34	5:36-5:45
4:49-4:57	16:34-17:03	5:45-5:54
4:57-5:06	17:03-17:33	5:54-6:04
5:06-5:16	17:33-18:05	6:04-6:15
5:16-5:27	18:05-18:40	6:15-6:26
5:27-5:38	18:40-19:17	6:26-6:38
5:38-5:50	19:17-19:57	6:38-6:50
5:50-6:03	19:57-20:39	6:50-7:02
6:03-6:17	20:39-21:25	7:02-7:17
6:17-6:32	21:25-22:15	7:17-7:33
6:32-6:49	22:15-23:09	7:33-7:52
6:48-7:07	23:09-24:08	7:52-8:12

*Adapted from Jonathan Dalby at Mountain Vista High School

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