

## **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 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.

<b>Estimated Current Mile Time</b>	<b>Estimated Current 5K Time on Similar Course &amp; Conditions</b>	<b>Tempo Run Effort Pace Per Mile</b>
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

