



Treadmill Pace Chart to Achieve a Desired Performance Target

Training Distance **10** Kilometres
 Session Duration **1.5** Hour

Target Time	Effort in MPH					
	100%	75%	80%	85%	90%	95%
0:40:00	9.3	7.0	7.4	7.9	8.4	8.8
0:40:26	9.2	6.9	7.4	7.8	8.3	8.7
0:40:52	9.1	6.8	7.3	7.7	8.2	8.6
0:41:20	9.0	6.8	7.2	7.7	8.1	8.6
0:41:47	8.9	6.7	7.1	7.6	8.0	8.5
0:42:16	8.8	6.6	7.0	7.5	7.9	8.4
0:42:45	8.7	6.5	7.0	7.4	7.8	8.3
0:43:15	8.6	6.5	6.9	7.3	7.7	8.2
0:43:45	8.5	6.4	6.8	7.2	7.7	8.1
0:44:17	8.4	6.3	6.7	7.1	7.6	8.0
0:44:49	8.3	6.2	6.6	7.1	7.5	7.9
0:45:21	8.2	6.2	6.6	7.0	7.4	7.8
0:45:55	8.1	6.1	6.5	6.9	7.3	7.7
0:46:30	8.0	6.0	6.4	6.8	7.2	7.6
0:47:05	7.9	5.9	6.3	6.7	7.1	7.5
0:47:41	7.8	5.9	6.2	6.6	7.0	7.4
0:48:18	7.7	5.8	6.2	6.5	6.9	7.3
0:48:56	7.6	5.7	6.1	6.5	6.8	7.2
0:49:36	7.5	5.6	6.0	6.4	6.8	7.1
0:50:16	7.4	5.6	5.9	6.3	6.7	7.0
Sessions	2	4	4	6	6	8

Training Program Length	Sessions per Week	# of Weeks	Hours per Week	Total Training Hours
	2	15.0	3.0	45.0
	3	10.0	4.5	45.0
	4	7.5	6.0	45.0
	5	6.0	7.5	45.0
	6	5.0	9.0	45.0