



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%
0:50:57	7.3	5.5	5.8	6.2	6.6	6.9
0:51:40	7.2	5.4	5.8	6.1	6.5	6.8
0:52:23	7.1	5.3	5.7	6.0	6.4	6.7
0:53:08	7.0	5.3	5.6	6.0	6.3	6.7
0:53:54	6.9	5.2	5.5	5.9	6.2	6.6
0:54:42	6.8	5.1	5.4	5.8	6.1	6.5
0:55:31	6.7	5.0	5.4	5.7	6.0	6.4
0:56:21	6.6	5.0	5.3	5.6	5.9	6.3
0:57:13	6.5	4.9	5.2	5.5	5.9	6.2
0:58:07	6.4	4.8	5.1	5.4	5.8	6.1
0:59:02	6.3	4.7	5.0	5.4	5.7	6.0
1:00:00	6.2	4.7	5.0	5.3	5.6	5.9
1:00:59	6.1	4.6	4.9	5.2	5.5	5.8
1:02:00	6.0	4.5	4.8	5.1	5.4	5.7
1:03:03	5.9	4.4	4.7	5.0	5.3	5.6
1:04:08	5.8	4.4	4.6	4.9	5.2	5.5
1:05:15	5.7	4.3	4.6	4.8	5.1	5.4
1:06:25	5.6	4.2	4.5	4.8	5.0	5.3
1:07:38	5.5	4.1	4.4	4.7	5.0	5.2
1:08:53	5.4	4.1	4.3	4.6	4.9	5.1
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