

# RUNNING PACES

## The importance of consistency

During a race, it can be tempting to start too fast, but this quickly leads to fatigue and often prevents you from reaching your goal.

On the other hand, by maintaining a steady pace adapted to your level, you use your energy more efficiently, avoid “hitting the wall,” and finish with better sensations.

In short: learning to recognize and respect your training paces is the key to progressing, avoiding injuries, and reaching your goals with enjoyment.

**“Champions don’t run faster – they run smarter.  
find your pace, keep it, and achieve your goals.”**

## Learn to Run at the Right Paces

- Easy – to build your foundation
- Steady – to progress
- Specific – to perform
- Fast – to improve speed

Maintain a steady cadence and move closer to your best time!

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## 5 km

20 min: Pace – 4’00”/km | Speed – 15.00 km/h (9.32 mph)

25 min: Pace – 5’00”/km | Speed – 12.00 km/h (7.46 mph)

30 min: Pace – 6’00”/km | Speed – 10.00 km/h (6.21 mph)

35 min: Pace – 7’00”/km | Speed – 8.57 km/h (5.33 mph)



## 10 km

35 min: Pace — 3'30"/km | Speed — 17.14 km/h (10.65 mph)

40 min: Pace — 4'00"/km | Speed — 15.00 km/h (9.32 mph)

45 min: Pace — 4'30"/km | Speed — 13.33 km/h (8.28 mph)

50 min: Pace — 5'00"/km | Speed — 12.00 km/h (7.46 mph)

55 min: Pace — 5'30"/km | Speed — 10.91 km/h (6.78 mph)

60 min: Pace — 6'00"/km | Speed — 10.00 km/h (6.21 mph)



## Half Marathon

1h20: Pace — 3'47"/km | Speed — 15.83 km/h (9.83 mph)

1h30: Pace — 4'15"/km | Speed — 14.07 km/h (8.74 mph)

1h40: Pace — 4'44"/km | Speed — 12.66 km/h (7.87 mph)

1h50: Pace — 5'12"/km | Speed — 11.51 km/h (7.15 mph)

2h00: Pace — 5'41"/km | Speed — 10.55 km/h (6.55 mph)

2h10: Pace — 6'09"/km | Speed — 9.74 km/h (6.05 mph)

2h20: Pace — 6'38"/km | Speed — 9.04 km/h (5.62 mph)



## Marathon

2h45 : Allure de : 3'54/km. Vitesse : 15,34 km/h.

3h : Allure de : 4'15/km. Vitesse : 14,07 km/h.

3h15 : Allure de : 4'37/km. Vitesse : 12,95 km/h.

3h30 : Allure de : 4'58/km. Vitesse : 12,06 km/h.

3h45 : Allure de : 5'19/km. Vitesse : 11,25 km/h.

4h : Allure de : 5'41/km. Vitesse : 10,55 km/h.

4h15 : Allure de : 6'02/km. Vitesse : 9,93 km/h.

4h30 : Allure de : 6'23/km. Vitesse : 9,38 km/h.

4h45 : Allure de : 6'45/km. Vitesse : 8,88 km/h.

5h : Allure de : 7'06/km. Vitesse : 8,44 km/h.