

Missoula Marathon Training Class Pace Chart

Finish Times					
Distance					
Mile	5:15	5:30	5:45	6:00	6:15
Half Marathon - Predicted	1:20:15	1:24:00	1:28:00	1:31:45	1:35:30
Marathon - Predicted	2:47:30	2:55:30	3:03:30	3:11:15	3:19:15
Training and Race					
Paces (minutes/mile)					
Long Run	7:08 – 7:53	7:26 – 8:11	7:45 – 8:30	8:03 – 8:48	8:21 – 9:06
Wednesday Run	6:23 - 6:53	6:41 - 7:11	7:00 - 7:30	7:18 - 7:48	7:36 - 8:06
Recovery Run	7:53	8:11	8:30	8:48	9:06
Half Marathon Race Pace	6:08	6:25	6:43	7:00	7:18
Marathon Race Pace	6:23	6:41	7:00	7:18	7:36

Finish Times					
Distance					
Mile	6:30	7:00	7:15	7:30	7:45
Half Marathon - Predicted	1:39:30	1:47:00	1:51:00	1:54:45	1:58:30
Marathon - Predicted	3:27:15	3:43:15	3:51:15	3:59:15	4:07:15
Training and Race					
Paces (minutes/mile)					
Long Run	8:39 – 9:24	9:16 – 10:01	9:34 – 10:19	9:52 - 10:37	10:11 - 10:56
Wednesday Run	7:54 - 8:24	8:31 - 9:01	8:49 - 9:19	9:07 - 9:37	9:26 - 9:56
Recovery Run	9:24	10:01	10:19	10:37	10:56
Half Marathon Race Pace	7:35	8:10	8:28	8:45	9:03
Marathon Race Pace	7:54	8:31	8:49	9:07	9:26

Finish Times					
Distance					
Mile	8:00	8:15	8:30	9:00	9:30
Half Marathon - Predicted	2:02:30	2:06:15	2:10:00	2:17:45	2:25:15
Marathon - Predicted	4:15:15	4:23:15	4:31:00	4:47:00	5:03:00
Training and Race					
Paces (minutes/mile)					
Long Run	10:29 – 11:14	10:47 – 11:32	11:05 – 11:50	11:42 – 12:27	12:18 – 13:03
Wednesday Run	9:44 - 10:14	10:02 - 10:32	10:20 - 10:50	10:57 - 11:27	11:33 - 12:03
Recovery Run	11:14	11:32	11:50	12:27	13:03
Half Marathon Race Pace	9:20	9:38	9:55	10:30	11:05
Marathon Race Pace	9:44	10:02	10:20	10:57	11:33

Finish Times			
Distance			
Mile	10:00	11:00	12:00
Half Marathon - Predicted	2:33:00	2:48:45	3:03:30
Marathon - Predicted	5:19:00	5:51:00	6:22:45
Training and Race			
Paces (minutes/mile)			
Long Run	12:55 - 13:40	14:08 – 14:53	15:21 – 16:06
Wednesday Run	12:10 - 12:40	13:23 - 13:53	14:36 - 15:06
Recovery Run	13:40	14:53	16:06
Half Marathon Race Pace	11:40	12:50	14:00
Marathon Race Pace	12:10	13:23	14:36

