

## SHHM TRAINING PACES CHART

Target Finish Time (Hrs /Min)	Avg Race Pace (min/km)	Speed workout (In minutes and seconds)									Tempo (min/km)	Long Run at Race Day Pace / Split Strategy * (min/km)
		400 mtr	600 mtr	800 mtr	1 km	1200 mtr	1600 mtr	2 km	3 km	5 km		
3:00	8.31	3.01	4.30	5.39	7.27	8.49	11.41	15.55	21.34	37.29	8.21	8.31
2:50	8.03	2.53	4.15	5.23	6.59	8.20	11.17	14.01	21.00	35.01	7.53	8.03
2:40	7.34	2.41	4.00	5.04	6.31	7.50	10.36	13.21	19.52	33.13	7.24	7.34
2:30	7.06	2.29	3.46	4.49	6.06	7.22	9.58	12.34	18.40	31.14	6.56	7.06
2:20	6.38	2.17	3.33	4.32	5.43	6.57	9.20	11.47	17.30	29.17	6.28	6.38
2:10	6.09	2.02	3.20	4.08	5.16	6.21	8.37	10.47	16.03	26.50	5.59	6.09
2:00	5.42	1.53	3.05	3.52	4.52	5.53	7.59	10.06	14.58	25.04	5.32	5.42
1:50	5.12	1.42	2.50	3.28	4.24	5.19	7.13	9.05	13.29	22.34	5.02	5.12

**Note: The Sunday long runs will be done according to 'Race Day Pace / split Strategy'**

## **SHHM TRAINING PACES CHART**

**\*Although traditional programs advice long runs at a slower pace than Race day pace, our hilly course mandates practicing your long runs in such a way that you get used to the run/walk strategy you'll implement on Race day. You won't actually be running at a fixed target pace but you will walk and run at varying paces at various split kilometers, to achieve your average /target pace.**

**Refer to Race Day strategy chart for explanation.**