

Running Pace Chart

Quick reference worksheet for pace, distance, goal time and training notes.

Goal planner

Distance	Goal time	Target pace	Current pace	Gap
5 km				
10 km				
Half marathon				
Marathon				

Session log

Date	Distance	Time	Average pace	Effort / notes

Reminder

Pace calculators are useful planning tools, but weather, hills, fatigue, hydration, injury status and course measurement can change real-world results.

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