



MILE PACES

Mile Time Estimate or time your current Mile.	Aerobic Run Pace Per Mile	Recovery Pace Per Mile	Tempo Pace Per Mile
6:00	8:50	9:10	7:20
6:10	9:06	9:19	7:32
6:20	9:16	9:36	7:40
6:30	9:34	9:54	7:56
6:40	9:52	10:20	8:08
6:50	10:00	10:30	8:18
7:00	10:05	10:50	8:33
7:30	10:40	11:10	8:55
8:00	11:10	11:40	9:15
8:30	11:30	12:00	9:30
9:00	11:45	12:10	9:45

A tempo workout is a continuous run that requires sustained effort. Instead of a light jog at an easy pace, you'll be pushing your body, getting your heart rate up and testing your stamina. You'll be running faster than your regular pace but for a shorter duration.

Long Run pace is anywhere between your aerobic and recovery pace