

****Note:** The paces below are per 1600m, not per mile. So for 15:00 pace, race pace is 4:48.0/1600m and 4:49.7/mile**

XC Training Pace Estimates		Pace Type					
		Power Run (PWR)	Threshold	10K	5K (Race Pace)	3200	1600
5k Time	15:00	5:28.0 - 5:48.0	5:13.0 - 5:23.0	4:58.0 - 5:03.0	4:48.0	4:33.0 - 4:38.0	4:13.0 - 4:18.0
	15:10	5:31.4 - 5:52.2	5:16.2 - 5:26.3	5:01.2 - 5:06.2	4:51.2	4:36.2 - 4:41.2	4:16.2 - 4:21.2
	15:20	5:34.8 - 5:56.3	5:19.4 - 5:29.6	5:04.4 - 5:09.4	4:54.4	4:39.4 - 4:44.4	4:19.4 - 4:24.4
	15:30	5:38.2 - 6:00.4	5:22.7 - 5:32.9	5:07.6 - 5:12.6	4:57.6	4:42.6 - 4:47.6	4:22.6 - 4:27.6
	15:40	5:41.6 - 6:04.5	5:25.9 - 5:36.2	5:10.8 - 5:15.8	5:00.8	4:45.8 - 4:50.8	4:25.8 - 4:30.8
	15:50	5:45.0 - 6:08.6	5:29.1 - 5:39.5	5:14.0 - 5:19.0	5:04.0	4:49.0 - 4:54.0	4:29.0 - 4:34.0
	16:00	5:48.4 - 6:12.7	5:32.3 - 5:42.9	5:17.2 - 5:22.2	5:07.2	4:52.2 - 4:57.2	4:32.2 - 4:37.2
	16:10	5:51.8 - 6:16.8	5:35.6 - 5:46.2	5:20.4 - 5:25.4	5:10.4	4:55.4 - 5:00.4	4:35.4 - 4:40.4
	16:20	5:55.2 - 6:20.9	5:38.8 - 5:49.5	5:23.6 - 5:28.6	5:13.6	4:58.6 - 5:03.6	4:38.6 - 4:43.6
	16:30	5:58.6 - 6:25.0	5:42.0 - 5:52.8	5:26.8 - 5:31.8	5:16.8	5:01.8 - 5:06.8	4:41.8 - 4:46.8
	16:40	6:02.0 - 6:29.1	5:45.2 - 5:56.1	5:30.0 - 5:35.0	5:20.0	5:05.0 - 5:10.0	4:45.0 - 4:50.0
	16:50	6:05.4 - 6:33.2	5:48.4 - 5:59.4	5:33.2 - 5:38.2	5:23.2	5:08.2 - 5:13.2	4:48.2 - 4:53.2
	17:00	6:08.8 - 6:37.3	5:51.7 - 6:02.7	5:36.4 - 5:41.4	5:26.4	5:11.4 - 5:16.4	4:51.4 - 4:56.4
	17:10	6:12.2 - 6:41.4	5:54.9 - 6:06.0	5:39.6 - 5:44.6	5:29.6	5:14.6 - 5:19.6	4:54.6 - 4:59.6
	17:20	6:15.6 - 6:45.5	5:58.1 - 6:09.3	5:42.8 - 5:47.8	5:32.8	5:17.8 - 5:22.8	4:57.8 - 5:02.8
	17:30	6:19.0 - 6:49.6	6:01.3 - 6:12.6	5:46.0 - 5:51.0	5:36.0	5:21.0 - 5:26.0	5:01.0 - 5:06.0
	17:40	6:22.4 - 6:53.7	6:04.6 - 6:16.0	5:49.2 - 5:54.2	5:39.2	5:24.2 - 5:29.2	5:04.2 - 5:09.2
	17:50	6:25.8 - 6:57.8	6:07.8 - 6:19.3	5:52.4 - 5:57.4	5:42.4	5:27.4 - 5:32.4	5:07.4 - 5:12.4
	18:00	6:29.2 - 7:01.9	6:11.0 - 6:22.6	5:55.6 - 6:00.6	5:45.6	5:30.6 - 5:35.6	5:10.6 - 5:15.6
	18:10	6:32.6 - 7:06.0	6:14.2 - 6:25.9	5:58.8 - 6:03.8	5:48.8	5:33.8 - 5:38.8	5:13.8 - 5:18.8
	18:20	6:36.0 - 7:10.1	6:17.4 - 6:29.2	6:02.0 - 6:07.0	5:52.0	5:37.0 - 5:42.0	5:17.0 - 5:22.0
	18:30	6:39.4 - 7:14.2	6:20.7 - 6:32.5	6:05.2 - 6:10.2	5:55.2	5:40.2 - 5:45.2	5:20.2 - 5:25.2
	18:40	6:42.8 - 7:18.3	6:23.9 - 6:35.8	6:08.4 - 6:13.4	5:58.4	5:43.4 - 5:48.4	5:23.4 - 5:28.4
	18:50	6:46.2 - 7:22.4	6:27.1 - 6:39.1	6:11.6 - 6:16.6	6:01.6	5:46.6 - 5:51.6	5:26.6 - 5:31.6
	19:00	6:49.6 - 7:26.5	6:30.3 - 6:42.4	6:14.8 - 6:19.8	6:04.8	5:49.8 - 5:54.8	5:29.8 - 5:34.8
	19:10	6:53.0 - 7:30.6	6:33.5 - 6:45.7	6:18.0 - 6:23.0	6:08.0	5:53.0 - 5:58.0	5:33.0 - 5:38.0
	19:20	6:56.4 - 7:34.7	6:36.8 - 6:49.1	6:21.2 - 6:26.2	6:11.2	5:56.2 - 6:01.2	5:36.2 - 5:41.2
	19:30	6:59.8 - 7:38.8	6:40.0 - 6:52.4	6:24.4 - 6:29.4	6:14.4	5:59.4 - 6:04.4	5:39.4 - 5:44.4
	19:40	7:03.2 - 7:42.9	6:43.2 - 6:55.7	6:27.6 - 6:32.6	6:17.6	6:02.6 - 6:07.6	5:42.6 - 5:47.6
	19:50	7:06.6 - 7:47.0	6:46.4 - 6:59.0	6:30.8 - 6:35.8	6:20.8	6:05.8 - 6:10.8	5:45.8 - 5:50.8
	20:00	7:10.0 - 7:51.1	6:49.7 - 7:02.3	6:34.0 - 6:39.0	6:24.0	6:09.0 - 6:14.0	5:49.0 - 5:54.0
	20:10	7:13.4 - 7:55.2	6:52.9 - 7:05.6	6:37.2 - 6:42.2	6:27.2	6:12.2 - 6:17.2	5:52.2 - 5:57.2

****Note:** The paces below are per 1600m, not per mile. So for 15:00 pace, race pace is 4:48.0/1600m and 4:49.7/mile**

XC Training Pace Estimates		Pace Type					
		Power Run (PWR)	Threshold	10K	5K (Race Pace)	3200	1600
5k Time	20:20	7:16.8 - 7:59.3	6:56.1 - 7:08.9	6:40.4 - 6:45.4	6:30.4	6:15.4 - 6:20.4	5:55.4 - 6:00.4
	20:30	7:20.2 - 8:03.4	6:59.3 - 7:12.2	6:43.6 - 6:48.6	6:33.6	6:18.6 - 6:23.6	5:58.6 - 6:03.6
	20:40	7:23.6 - 8:07.5	7:02.5 - 7:15.5	6:46.8 - 6:51.8	6:36.8	6:21.8 - 6:26.8	6:01.8 - 6:06.8
	20:50	7:27.0 - 8:11.6	7:05.8 - 7:18.8	6:50.0 - 6:55.0	6:40.0	6:25.0 - 6:30.0	6:05.0 - 6:10.0
	21:00	7:30.4 - 8:15.7	7:09.0 - 7:22.2	6:53.2 - 6:58.2	6:43.2	6:28.2 - 6:33.2	6:08.2 - 6:13.2
	21:10	7:33.8 - 8:19.8	7:12.2 - 7:25.5	6:56.4 - 7:01.4	6:46.4	6:31.4 - 6:36.4	6:11.4 - 6:16.4
	21:20	7:37.2 - 8:23.9	7:15.4 - 7:28.8	6:59.6 - 7:04.6	6:49.6	6:34.6 - 6:39.6	6:14.6 - 6:19.6
	21:30	7:40.6 - 8:28.0	7:18.7 - 7:32.1	7:02.8 - 7:07.8	6:52.8	6:37.8 - 6:42.8	6:17.8 - 6:22.8
	21:40	7:44.0 - 8:32.1	7:21.9 - 7:35.4	7:06.0 - 7:11.0	6:56.0	6:41.0 - 6:46.0	6:21.0 - 6:26.0
	21:50	7:47.4 - 8:36.2	7:25.1 - 7:38.7	7:09.2 - 7:14.2	6:59.2	6:44.2 - 6:49.2	6:24.2 - 6:29.2
	22:00	7:50.8 - 8:40.3	7:28.3 - 7:42.0	7:12.4 - 7:17.4	7:02.4	6:47.4 - 6:52.4	6:27.4 - 6:32.4
	22:10	7:54.2 - 8:44.4	7:31.5 - 7:45.3	7:15.6 - 7:20.6	7:05.6	6:50.6 - 6:55.6	6:30.6 - 6:35.6
	22:20	7:57.6 - 8:48.5	7:34.8 - 7:48.6	7:18.8 - 7:23.8	7:08.8	6:53.8 - 6:58.8	6:33.8 - 6:38.8
	22:30	8:01.0 - 8:52.6	7:38.0 - 7:51.9	7:22.0 - 7:27.0	7:12.0	6:57.0 - 7:02.0	6:37.0 - 6:42.0
	22:40	8:04.4 - 8:56.7	7:41.2 - 7:55.3	7:25.2 - 7:30.2	7:15.2	7:00.2 - 7:05.2	6:40.2 - 6:45.2
	22:50	8:07.8 - 9:00.8	7:44.4 - 7:58.6	7:28.4 - 7:33.4	7:18.4	7:03.4 - 7:08.4	6:43.4 - 6:48.4
	23:00	8:11.2 - 9:04.9	7:47.7 - 8:01.9	7:31.6 - 7:36.6	7:21.6	7:06.6 - 7:11.6	6:46.6 - 6:51.6
	23:10	8:14.6 - 9:09.0	7:50.9 - 8:05.2	7:34.8 - 7:39.8	7:24.8	7:09.8 - 7:14.8	6:49.8 - 6:54.8
	23:20	8:18.0 - 9:13.1	7:54.1 - 8:08.5	7:38.0 - 7:43.0	7:28.0	7:13.0 - 7:18.0	6:53.0 - 6:58.0
	23:30	8:21.4 - 9:17.2	7:57.3 - 8:11.8	7:41.2 - 7:46.2	7:31.2	7:16.2 - 7:21.2	6:56.2 - 7:01.2
	23:40	8:24.8 - 9:21.3	8:00.5 - 8:15.1	7:44.4 - 7:49.4	7:34.4	7:19.4 - 7:24.4	6:59.4 - 7:04.4
	23:50	8:28.2 - 9:25.4	8:03.8 - 8:18.4	7:47.6 - 7:52.6	7:37.6	7:22.6 - 7:27.6	7:02.6 - 7:07.6
	24:00	8:31.6 - 9:29.5	8:07.0 - 8:21.7	7:50.8 - 7:55.8	7:40.8	7:25.8 - 7:30.8	7:05.8 - 7:10.8
	24:10	8:35.0 - 9:33.6	8:10.2 - 8:25.0	7:54.0 - 7:59.0	7:44.0	7:29.0 - 7:34.0	7:09.0 - 7:14.0
	24:20	8:38.4 - 9:37.7	8:13.4 - 8:28.4	7:57.2 - 8:02.2	7:47.2	7:32.2 - 7:37.2	7:12.2 - 7:17.2
	24:30	8:41.8 - 9:41.8	8:16.7 - 8:31.7	8:00.4 - 8:05.4	7:50.4	7:35.4 - 7:40.4	7:15.4 - 7:20.4
	24:40	8:45.2 - 9:45.9	8:19.9 - 8:35.0	8:03.6 - 8:08.6	7:53.6	7:38.6 - 7:43.6	7:18.6 - 7:23.6
	24:50	8:48.6 - 9:50.0	8:23.1 - 8:38.3	8:06.8 - 8:11.8	7:56.8	7:41.8 - 7:46.8	7:21.8 - 7:26.8
	25:00	8:52.0 - 9:54.1	8:26.3 - 8:41.6	8:10.0 - 8:15.0	8:00.0	7:45.0 - 7:50.0	7:25.0 - 7:30.0
	25:10	8:55.4 - 9:58.2	8:29.5 - 8:44.9	8:13.2 - 8:18.2	8:03.2	7:48.2 - 7:53.2	7:28.2 - 7:33.2
	25:20	8:58.8 - 10:02.3	8:32.8 - 8:48.2	8:16.4 - 8:21.4	8:06.4	7:51.4 - 7:56.4	7:31.4 - 7:36.4
	25:30	9:02.2 - 10:06.4	8:36.0 - 8:51.5	8:19.6 - 8:24.6	8:09.6	7:54.6 - 7:59.6	7:34.6 - 7:39.6

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XC Training Pace Estimates		Pace Type					
		Power Run (PWR)	Threshold	10K	5K (Race Pace)	3200	1600
5k Time	25:40	9:05.6 - 10:10.5	8:39.2 - 8:54.8	8:22.8 - 8:27.8	8:12.8	7:57.8 - 8:02.8	7:37.8 - 7:42.8
	25:50	9:09.0 - 10:14.6	8:42.4 - 8:58.1	8:26.0 - 8:31.0	8:16.0	8:01.0 - 8:06.0	7:41.0 - 7:46.0
	26:00	9:12.4 - 10:18.7	8:45.7 - 9:01.5	8:29.2 - 8:34.2	8:19.2	8:04.2 - 8:09.2	7:44.2 - 7:49.2
	26:10	9:15.8 - 10:22.8	8:48.9 - 9:04.8	8:32.4 - 8:37.4	8:22.4	8:07.4 - 8:12.4	7:47.4 - 7:52.4
	26:20	9:19.2 - 10:26.9	8:52.1 - 9:08.1	8:35.6 - 8:40.6	8:25.6	8:10.6 - 8:15.6	7:50.6 - 7:55.6
	26:30	9:22.6 - 10:31.0	8:55.3 - 9:11.4	8:38.8 - 8:43.8	8:28.8	8:13.8 - 8:18.8	7:53.8 - 7:58.8
	26:40	9:26.0 - 10:35.1	8:58.5 - 9:14.7	8:42.0 - 8:47.0	8:32.0	8:17.0 - 8:22.0	7:57.0 - 8:02.0
	26:50	9:29.4 - 10:39.2	9:01.8 - 9:18.0	8:45.2 - 8:50.2	8:35.2	8:20.2 - 8:25.2	8:00.2 - 8:05.2
	27:00	9:32.8 - 10:43.3	9:05.0 - 9:21.3	8:48.4 - 8:53.4	8:38.4	8:23.4 - 8:28.4	8:03.4 - 8:08.4
	27:10	9:36.2 - 10:47.4	9:08.2 - 9:24.6	8:51.6 - 8:56.6	8:41.6	8:26.6 - 8:31.6	8:06.6 - 8:11.6
	27:20	9:39.6 - 10:51.5	9:11.4 - 9:27.9	8:54.8 - 8:59.8	8:44.8	8:29.8 - 8:34.8	8:09.8 - 8:14.8
	27:30	9:43.0 - 10:55.6	9:14.6 - 9:31.2	8:58.0 - 9:03.0	8:48.0	8:33.0 - 8:38.0	8:13.0 - 8:18.0
	27:40	9:46.4 - 10:59.7	9:17.9 - 9:34.6	9:01.2 - 9:06.2	8:51.2	8:36.2 - 8:41.2	8:16.2 - 8:21.2
	27:50	9:49.8 - 11:03.8	9:21.1 - 9:37.9	9:04.4 - 9:09.4	8:54.4	8:39.4 - 8:44.4	8:19.4 - 8:24.4
	28:00	9:53.2 - 11:07.9	9:24.3 - 9:41.2	9:07.6 - 9:12.6	8:57.6	8:42.6 - 8:47.6	8:22.6 - 8:27.6
	28:10	9:56.6 - 11:12.0	9:27.5 - 9:44.5	9:10.8 - 9:15.8	9:00.8	8:45.8 - 8:50.8	8:25.8 - 8:30.8
	28:20	10:00.0 - 11:16.1	9:30.8 - 9:47.8	9:14.0 - 9:19.0	9:04.0	8:49.0 - 8:54.0	8:29.0 - 8:34.0
	28:30	10:03.4 - 11:20.2	9:34.0 - 9:51.1	9:17.2 - 9:22.2	9:07.2	8:52.2 - 8:57.2	8:32.2 - 8:37.2
	28:40	10:06.8 - 11:24.3	9:37.2 - 9:54.4	9:20.4 - 9:25.4	9:10.4	8:55.4 - 9:00.4	8:35.4 - 8:40.4
	28:50	10:10.2 - 11:28.4	9:40.4 - 9:57.7	9:23.6 - 9:28.6	9:13.6	8:58.6 - 9:03.6	8:38.6 - 8:43.6
	29:00	10:13.6 - 11:32.5	9:43.6 - 10:01.0	9:26.8 - 9:31.8	9:16.8	9:01.8 - 9:06.8	8:41.8 - 8:46.8
	29:10	10:17.0 - 11:36.6	9:46.9 - 10:04.3	9:30.0 - 9:35.0	9:20.0	9:05.0 - 9:10.0	8:45.0 - 8:50.0
	29:20	10:20.4 - 11:40.7	9:50.1 - 10:07.7	9:33.2 - 9:38.2	9:23.2	9:08.2 - 9:13.2	8:48.2 - 8:53.2
	29:30	10:23.8 - 11:44.8	9:53.3 - 10:11.0	9:36.4 - 9:41.4	9:26.4	9:11.4 - 9:16.4	8:51.4 - 8:56.4
	29:40	10:27.2 - 11:48.9	9:56.5 - 10:14.3	9:39.6 - 9:44.6	9:29.6	9:14.6 - 9:19.6	8:54.6 - 8:59.6
	29:50	10:30.6 - 11:53.0	9:59.8 - 10:17.6	9:42.8 - 9:47.8	9:32.8	9:17.8 - 9:22.8	8:57.8 - 9:02.8
	30:00	10:36.0 - 11:06.0	10:03.0 - 10:21.0	9:46.0 - 9:51.0	9:36.0	9:21.0 - 9:26.0	9:01.0 - 9:06.0