

5K Test Run Pace Predictor for Marathon

Doing a 5K test run will help you determine what pace you should be training at for your long runs, and inform you as to the pace you should be training at for your shorter, mid-week runs.

You should do a 5K test run at the beginning of the training program, and several times throughout the training program to reassess the pace you are training at. If you are a beginner, you will likely see huge improvements each time you do the 5K test run. You should adjust your training pace based on your new results each time.

For the 5K test run, you can sign up for an actual 5K race OR simply mark off your own 3.1 mile run (with no intersections or interruptions) and give it your best all out effort. You will use your 5K race pace to determine your training paces.

If you're a beginner, you may not be able to run all out for 3.1 miles yet. Take a look at the run/walk program details to help you learn how to do your 5K test using a run/walk ratio.

All Team World Vision participants are expected to train consistently and to be prepared to complete the race they are participating in within the allotted time as set by the race.

If you run a 5k (3.1 miles) as fast as you can in this time:	Expect to finish the marathon in this time:	This is your goal race pace window:	This is your training group pace for long runs:
18-19:59 minutes	2:52-3:00:59	6:34-6:54	7:30
19:00-19:59	3:01-3:10:59	6:55-7:16	7:45
20:00-20:59	3:11-3:20:59	7:17-7:39	8:00
21:00-21:59	3:21-3:29:59	7:40-8:00	8:45
22:00-23:59	3:30-3:48:59	8:01-8:43	9:30
24:00-25:59	3:49-4:07:59	8:44-9:27	10:00
26:00-27:59	4:08-4:27:59	9:28-10:13	10:30
28:00-29:59	4:28-4:46:59	10:14-10:56	11:00
30:00-31:59	4:47-5:05:59	10:57-11:40:59	12:00
32:00-33:59	5:06-5:24:59	11:41-12:23	12:00 Run/Walk 5:1 run/walk ratio
34:00-35:59	5:25-5:43:59	12:24-13:07	13:00 Run/walk 5:1 run/walk ratio
36:00-37:59	5:44-6:00	13:08-13:30	13:00 Run/Walk 3:1 run walk ratio
38:00-40:00	6:00-6:15	13:30	13:30 Run/walk 3:2 or 2:2 run walk ratio
40:00+	6:15-6:30	13:30	13:30 Run/Walk 3:2 or 2:2 run walk ratio