



Improvement % (improvement.php)

Pace Calculator (race_equivalency_calculator.php)

Treadmill Calculator (treadmill_mph.php)

Distance:

or

Time:Hours: Minutes: Seconds: **Heat/Humidity/Wind Chill Adjustments (optional):**Temperature: (°F) Humidity: (%) Wind Speed: (mph) Units: **RECENT RACE INFORMATION**

Distance	Time	Pace/mi	Pace/km
5k	0 : 22 : 06	7:07	4:25

TRAINING PACES

Workout Type	Pace/mi	Pace/km
Easy	9:35 - 10:35	5:57 - 6:34
Moderate	9:05 - 10:05	5:38 - 6:16
Long Runs	8:35 - 10:05	5:20 - 6:16
Speed Workouts	7:07 - 7:25	4:25 - 4:36
Vo2max Workouts	6:50 - 7:07	4:15 - 4:25
Lactate Threshold	7:25 - 7:44	4:36 - 4:48
Strength Workouts	7:55	4:55
Half Mar Tempos	7:45	4:49
Marathon Tempos	8:05	5:01
Strides	6:00 - 6:30	3:43 - 4:02

EQUIVALENT RACE PERFORMANCES

Distance	Time	Pace/mi	Pace/km
1 Mile	0 : 06 : 30	6:30	4:02
3k	0 : 12 : 44	6:50	4:15

EQUIVALENT RACE PERFORMANCES			
Distance	Time	Pace/mi	Pace/km
2 Miles	0 : 13 : 48	6:54	4:17
4k	0 : 17 : 27	7:01	4:22
3 Miles	0 : 21 : 18	7:06	4:25
5k	0 : 22 : 06	7:07	4:25
6k	0 : 26 : 49	7:11	4:28
4 Miles	0 : 28 : 53	7:13	4:29
8k	0 : 36 : 22	7:19	4:33
5 Miles	0 : 36 : 36	7:19	4:33
10k	0 : 46 : 05	7:25	4:36
12k	0 : 55 : 54	7:30	4:40
15k	1 : 10 : 49	7:36	4:43
10 Miles	1 : 16 : 18	7:38	4:44
20k	1 : 36 : 04	7:44	4:48
Half Marathon	1 : 41 : 40	7:45	4:49
25k	2 : 01 : 42	7:50	4:52
30k	2 : 27 : 39	7:55	4:55
Marathon	3 : 31 : 58	8:05	5:01

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