

Running Faster...by the Numbers

*Stride Rate: Improve Form and/or Neuromuscular Speed
Stride Length: Improve Power and/or Lose Weight*

		Stride Rate													
		82	83	84	85	86	87	88	89	90	91	92	93	94	95
Stride Length	3'0	10:44	10:36	10:29	10:21	10:14	10:07	10:00	9:53	9:47	9:40	9:34	9:28	9:22	9:16
	3'1	10:27	10:19	10:12	10:04	9:57	9:51	9:44	9:37	9:31	9:25	9:18	9:12	9:07	9:01
	3'2	10:10	10:03	9:55	9:48	9:42	9:35	9:28	9:22	9:16	9:10	9:04	8:58	8:52	8:46
	3'3	9:54	9:47	9:40	9:33	9:27	9:20	9:14	9:08	9:02	8:56	8:50	8:44	8:38	8:33
	3'4	9:40	9:33	9:26	9:20	9:13	9:07	9:01	8:54	8:49	8:43	8:37	8:31	8:26	8:21
	3'5	9:25	9:19	9:12	9:05	8:59	8:53	8:47	8:41	8:35	8:29	8:24	8:19	8:13	8:08
	3'6	9:12	9:05	8:59	8:52	8:46	8:40	8:34	8:29	8:23	8:17	8:12	8:07	8:01	7:56
	3'7	8:59	8:53	8:46	8:40	8:34	8:28	8:22	8:17	8:11	8:06	8:01	7:55	7:50	7:45
	3'8	8:46	8:40	8:34	8:28	8:22	8:16	8:10	8:05	8:00	7:54	7:49	7:44	7:39	7:34
	3'9	8:35	8:29	8:23	8:17	8:11	8:06	8:00	7:55	7:49	7:44	7:39	7:34	7:29	7:25
	3'10	8:24	8:18	8:12	8:07	8:01	7:55	7:50	7:45	7:40	7:34	7:30	7:25	7:20	7:15
	3'11	8:13	8:07	8:01	7:56	7:50	7:45	7:40	7:34	7:29	7:24	7:20	7:15	7:10	7:06
	4'0	8:03	7:57	7:51	7:46	7:40	7:35	7:30	7:25	7:20	7:15	7:10	7:06	7:01	6:57
	4'1	7:53	7:47	7:42	7:36	7:31	7:26	7:21	7:16	7:11	7:06	7:02	6:57	6:53	6:48
	4'2	7:44	7:38	7:33	7:27	7:22	7:17	7:12	7:07	7:02	6:58	6:53	6:49	6:44	6:40
	4'3	7:35	7:29	7:24	7:18	7:13	7:08	7:04	6:59	6:54	6:50	6:45	6:41	6:36	6:32
	4'4	7:26	7:21	7:15	7:10	7:05	7:00	6:56	6:51	6:46	6:42	6:38	6:33	6:29	6:25
	4'5	7:17	7:12	7:07	7:02	6:57	6:52	6:48	6:43	6:38	6:34	6:30	6:26	6:22	6:18
	4'6	7:09	7:04	6:59	6:54	6:49	6:45	6:40	6:36	6:31	6:27	6:23	6:18	6:14	6:11
	4'7	7:01	6:56	6:51	6:47	6:42	6:37	6:33	6:28	6:24	6:20	6:16	6:12	6:08	6:04
	4'8	6:54	6:49	6:44	6:39	6:34	6:30	6:25	6:21	6:17	6:13	6:09	6:05	6:01	5:57
	4'9	6:47	6:42	6:37	6:32	6:28	6:23	6:19	6:15	6:11	6:06	6:02	5:59	5:55	5:51
	4'10	6:40	6:35	6:30	6:26	6:21	6:17	6:13	6:08	6:04	6:00	5:56	5:53	5:49	5:45
	4'11	6:33	6:28	6:24	6:19	6:15	6:10	6:06	6:02	5:58	5:54	5:50	5:46	5:43	5:39
5'0	6:26	6:22	6:17	6:13	6:08	6:04	6:00	5:56	5:52	5:48	5:44	5:41	5:37	5:33	
5'1	6:20	6:15	6:11	6:07	6:02	5:58	5:54	5:50	5:46	5:42	5:39	5:35	5:32	5:28	
5'2	6:14	6:09	6:05	6:01	5:56	5:52	5:48	5:44	5:41	5:37	5:33	5:30	5:26	5:23	
5'3	6:08	6:04	5:59	5:55	5:51	5:47	5:43	5:39	5:35	5:32	5:28	5:24	5:21	5:18	
5'4	6:02	5:58	5:54	5:50	5:46	5:42	5:38	5:34	5:30	5:27	5:23	5:20	5:16	5:13	
5'5	5:57	5:52	5:48	5:44	5:40	5:36	5:32	5:29	5:25	5:21	5:18	5:14	5:11	5:08	
5'6	5:51	5:47	5:43	5:39	5:35	5:31	5:27	5:24	5:20	5:16	5:13	5:10	5:06	5:03	
5'7	5:46	5:42	5:38	5:34	5:30	5:26	5:22	5:19	5:15	5:12	5:08	5:05	5:02	4:59	
5'8	5:41	5:37	5:33	5:29	5:25	5:21	5:17	5:14	5:10	5:07	5:04	5:00	4:57	4:54	
5'9	5:36	5:32	5:28	5:24	5:20	5:17	5:13	5:10	5:06	5:03	4:59	4:56	4:53	4:50	
5'10	5:31	5:27	5:23	5:20	5:16	5:12	5:09	5:05	5:02	4:59	4:55	4:52	4:49	4:46	
5'11	5:26	5:23	5:19	5:15	5:11	5:08	5:04	5:01	4:57	4:54	4:51	4:48	4:45	4:42	
6'0	5:22	5:18	5:14	5:11	5:07	5:03	5:00	4:57	4:53	4:50	4:47	4:44	4:41	4:38	

*all paces are in min/mile

