

Pacing Tables

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Below are links to some pacing tables for Equinox Marathon times between 2:45 and 5 hours that I created for a women's running group that I have coached for several years. These tables are based upon the course as it was prior to the 2012 changes (i.e. the 9-mile change, etc.), so they won't be perfect for every mile. We will work on updating these pace tables, but for now, you will have to make your own modifications.

These tables are not perfect. If you are stronger on uphill, you'll need to adjust the pace for the uphill miles downward; if you're faster on downhills, you'll need to make adjustments on the downhill miles. However, if you use these tables more for informational purposes than for planning purposes, I think you will find them to be a useful tool in planning your pacing strategy.

[2:45 pace](#) [2:50 pace](#) [2:55 pace](#) [3:00 pace](#)
[3:05 pace](#) [3:10 pace](#) [3:15 pace](#) [3:20 pace](#)
[3:25 pace](#) [3:30 pace](#) [3:35 pace](#) [3:40 pace](#)
[3:45 pace](#) [3:50 pace](#) [3:55 pace](#) [4:00 pace](#)
[4:05 pace](#) [4:10 pace](#) [4:15 pace](#) [4:20 pace](#)
[4:25 pace](#) [4:30 pace](#) [4:35 pace](#) [4:40 pace](#)
[4:45 pace](#) [4:50 pace](#) [4:55 pace](#) [5:00 pace](#)