**Mile Run Pacing Chart**

Use the chart below to find your “personal pacing goal” for the mile run. Read across the chart to find the appropriate split times for the 1st through 3rd lap. Pick a pace that is comfortable for you, remember it’s NOT a race.

|  |  |  |  |
| --- | --- | --- | --- |
| **Mile Time** | **First Lap** | **Second Lap** | **Third Lap** |
| 6:00 | 1:30 | 3:00 | 4:30 |
| 6:30 | 1:38 | 3:15 | 4:52 |
| 7:00 | 1:45 | 3:30 | 5:15 |
| 7:30 | 1:53 | 3:45 | 5:37 |
| 8:00 | 2:00 | 4:00 | 6:00 |
| 8:30 | 2:08 | 4:15 | 6:22 |
| 9:00 | 2:15 | 4:30 | 6:45 |
| 9:30 | 2:23 | 4:45 | 7:07 |
| 10:00 | 2:30 | 5:00 | 7:30 |
| 10:30 | 2:38 | 5:15 | 7:52 |
| 11:00 | 2:45 | 5:30 | 8:15 |
| 11:30 | 2:53 | 5:45 | 8:37 |
| 12:00 | 3:00 | 6:00 | 9:00 |
| 12:30 | 3:08 | 6:15 | 9:22 |
| 13:00 | 3:15 | 6:30 | 9:45 |

 