

## The Amazing Northampton Run Pace Chart

Relay	TM	Location	Mile	Fast (mins)	Slow (mins)	First Time	Last Time
	Phase 1		0.5	3	7	9:33	9:37
		Mile	1	5	14	9:35	9:44
		Mile	2	11	28	9:41	9:58
	Phase 2		2.6	13	36	9:43	10:06
	Phase 3	Mile	3	16	41	9:46	10:11
	Phase 4		3.6	18	50	9:48	10:20
Relay 1		Mile	4	22	55	9:52	10:25
		Mile	5	27	69	9:57	10:39
	Phase 5		5.3	29	73	9:59	10:43
		Mile	6	32	83	10:02	10:53
		Mile	7	38	96	10:08	11:06
	Phase 6		7.7	42	106	10:12	11:16
		Mile	8	43	110	10:13	11:20
Relay 2			8.4	45	116	10:15	11:26
		Mile	9	49	124	10:19	11:34
	Phase 7		9.4	51	129	10:21	11:39
		Mile	10	54	138	10:24	11:48
		Mile	11	59	151	10:29	12:01
		Mile	12	65	165	10:35	12:15
		Mile	13	70	179	10:40	12:30