

### Newton's Two-Mile (3,000-Meter) Pace Table

Given the choice, I would prefer even pace for all distances. However, after studying hundreds of races I've seen that this is not often practical. Two-mile and 3,000-meter races are usually run with the first and last quarter miles slightly faster than the overall average pace. We base the pace table below on this fact. Note that the pace is negative, with the second mile being run a little faster than the first. Select a time goal from the left-hand column, then note the corresponding splits. Some states run 3,000-meter (3K) races, so equivalent times are listed for that distance in the second column. This table presumes a flat course, so make time adjustments for hills.

2 mi	3K	1/4	1/2	3/4	mi	1 1/4	1 1/2	1 3/4
9:00	8:23	1:06	2:15	3:23	4:31	5:38	6:47	7:55
9:10	8:33	1:08	2:17	3:27	4:36	5:44	6:54	8:03
9:20	8:42	1:09	2:20	3:31	4:41	5:51	7:02	8:12
9:30	8:52	1:10	2:22	3:34	4:46	5:57	7:09	8:21
9:40	9:01	1:11	2:25	3:38	4:51	6:03	7:17	8:30
9:50	9:10	1:13	2:27	3:42	4:56	6:09	7:24	8:35
10:00	9:19	1:14	2:30	3:46	5:01	6:16	7:32	8:47
10:10	9:29	1:15	2:32	3:49	5:06	6:22	7:39	8:56
10:20	9:38	1:16	2:35	3:53	5:11	6:28	7:47	9:05
10:30	9:48	1:18	2:37	3:57	5:16	6:34	7:54	9:13
10:40	9:57	1:19	2:40	4:01	5:21	6:41	8:02	9:22
10:50	10:06	1:20	2:42	4:04	5:26	6:47	8:09	9:31
11:00	10:15	1:21	2:45	4:08	5:31	6:53	8:17	9:40
11:10	10:25	1:23	2:47	4:12	5:36	6:59	8:24	9:48
11:20	10:34	1:24	2:50	4:16	5:41	7:06	8:32	9:57
11:30	10:44	1:25	2:52	4:19	5:46	7:12	8:39	10:06
11:40	10:53	1:26	2:55	4:23	5:51	7:18	8:47	10:15
11:50	11:02	1:28	2:57	4:27	5:56	7:24	8:54	10:23
12:00	11:11	1:29	3:00	4:31	6:01	7:31	9:02	10:32
12:10	11:21	1:30	3:02	4:34	6:06	7:37	9:09	10:41
12:20	11:30	1:31	3:05	4:38	6:11	7:43	9:17	10:50
12:30	11:40	1:33	3:07	4:42	6:16	7:49	9:24	10:58
12:40	11:49	1:34	3:10	4:46	6:21	7:56	9:32	11:07
12:50	11:58	1:35	3:12	4:49	6:26	8:02	9:39	11:16
13:00	12:07	1:36	3:15	4:53	6:31	8:08	9:47	11:25
13:10	12:17	1:38	3:17	4:57	6:36	8:14	9:54	11:33
13:20	12:26	1:39	3:20	5:01	6:41	8:21	10:02	11:42
13:30	12:36	1:40	3:22	5:04	6:46	8:27	10:09	11:51
13:40	12:45	1:41	3:25	5:08	6:51	8:33	10:17	12:00
13:50	12:54	1:43	3:27	5:12	6:56	8:39	10:25	12:08
14:00	13:03	1:44	3:30	5:16	7:01	8:46	10:32	12:17
14:10	13:13	1:45	3:32	5:19	7:06	8:52	10:39	12:26
14:20	13:22	1:46	3:35	5:23	7:11	8:58	10:47	12:35
14:30	13:32	1:48	3:37	5:27	7:16	9:04	10:54	12:43
14:40	13:41	1:49	3:40	5:31	7:21	9:11	11:02	12:52
14:50	13:50	1:50	3:42	5:34	7:26	9:17	11:09	13:01

Figure 8.2 Two-mile pace table.