

# 10KM PACE BANDS

**WFEED  
ESTATION**  
SPORTS NUTRITION

## 10KM PACE 1 HOUR

- 1 - 06:00
- 2 - 12:00
- 3 - 18:00
- 4 - 24:00
- 5 - 30:00
- 6 - 36:00
- 7 - 42:00
- 8 - 48:00
- 9 - 54:00
- 10 - 60:00

**WFEED  
ESTATION**  
SPORTS NUTRITION

## 10KM PACE 55MINS

- 1 - 05:30
- 2 - 11:00
- 3 - 16:30
- 4 - 22:00
- 5 - 27:30
- 6 - 33:00
- 7 - 38:30
- 8 - 44:00
- 9 - 49:30
- 10 - 55:00

**WFEED  
ESTATION**  
SPORTS NUTRITION

## 10KM PACE 50MINS

- 1 - 05:00
- 2 - 10:00
- 3 - 15:00
- 4 - 20:00
- 5 - 25:00
- 6 - 30:00
- 7 - 35:00
- 8 - 40:00
- 9 - 45:00
- 10 - 50:00

## HOW TO USE

1. **Print the page with the pace band for your target time**
2. **Cut out the relevant pace band along the dotted line**
3. **We suggest covering the band with clear tape to make it stronger and more sweat resistant**
4. **Loop the band around your wrist, overlapping the blank section at the bottom, and fix with tape**
5. **As you go past distance markers check your time against the target pace time on the pace band**

**WFEED  
ESTATION**  
SPORTS NUTRITION

# 10KM PACE BANDS

**WFEED  
I-STATION**  
SPORTS NUTRITION

**10KM  
PACE  
45MINS**

- 1 - 04:30
- 2 - 09:00
- 3 - 13:30
- 4 - 18:00
- 5 - 22:30
- 6 - 27:00
- 7 - 31:30
- 8 - 36:00
- 9 - 40:30
- 10 - 45:00

**WFEED  
I-STATION**  
SPORTS NUTRITION

**10KM  
PACE  
40MINS**

- 1 - 04:00
- 2 - 08:00
- 3 - 12:00
- 4 - 16:00
- 5 - 20:00
- 6 - 24:00
- 7 - 28:00
- 8 - 32:00
- 9 - 36:00
- 10 - 40:00

**WFEED  
I-STATION**  
SPORTS NUTRITION

**10KM  
PACE  
35MINS**

- 1 - 03:30
- 2 - 07:00
- 3 - 10:30
- 4 - 14:00
- 5 - 17:30
- 6 - 21:00
- 7 - 24:30
- 8 - 28:00
- 9 - 31:30
- 10 - 35:00

**WFEED  
I-STATION**  
SPORTS NUTRITION

**10KM  
PACE  
30MINS**

- 1 - 03:00
- 2 - 06:00
- 3 - 09:00
- 4 - 12:00
- 5 - 15:00
- 6 - 18:00
- 7 - 21:00
- 8 - 24:00
- 9 - 27:00
- 10 - 30:00

**WFEED  
I-STATION**  
SPORTS NUTRITION