

HALF MARATHON PACE BANDS

**WFEED
ESTATION**
SPORTS NUTRITION

HALF MARATHON PACE 1H 10MINS

1 - 0:05:20
2 - 0:10:40
3 - 0:16:00
4 - 0:21:20
5 - 0:26:40
6 - 0:32:00
7 - 0:37:20
8 - 0:42:40
9 - 0:48:00
10 - 0:53:20
11 - 0:58:40
12 - 1:04:00
13 - 1:09:20
F - 1:10:00

**WFEED
ESTATION**
SPORTS NUTRITION

HALF MARATHON PACE 1H 20MINS

1 - 0:06:06
2 - 0:12:12
3 - 0:18:18
4 - 0:24:24
5 - 0:30:30
6 - 0:36:36
7 - 0:42:42
8 - 0:48:48
9 - 0:54:54
10 - 1:01:00
11 - 1:07:06
12 - 1:13:12
13 - 1:19:18
F - 1:20:00

**WFEED
ESTATION**
SPORTS NUTRITION

HALF MARATHON PACE 1H 30MINS

1 - 0:06:52
2 - 0:13:44
3 - 0:20:36
4 - 0:27:28
5 - 0:34:20
6 - 0:41:12
7 - 0:48:04
8 - 0:54:56
9 - 1:01:48
10 - 1:08:40
11 - 1:15:32
12 - 1:22:24
13 - 1:29:16
F - 1:30:00

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
ESTATION**
SPORTS NUTRITION

**HALF
MARATHON
PACE
1H 45MINS**

1 - 0:08:00
2 - 0:16:00
3 - 0:24:00
4 - 0:32:00
5 - 0:40:00
6 - 0:48:00
7 - 0:56:00
8 - 1:04:00
9 - 1:12:00
10 - 1:20:00
11 - 1:28:00
12 - 1:36:00
13 - 1:44:00
F - 1:45:00

**WFEED
ESTATION**
SPORTS NUTRITION

**HALF
MARATHON
PACE
2H 00MINS**

1 - 0:09:09
2 - 0:18:18
3 - 0:27:27
4 - 0:36:36
5 - 0:45:45
6 - 0:54:54
7 - 1:04:03
8 - 1:13:12
9 - 1:22:21
10 - 1:31:30
11 - 1:40:39
12 - 1:49:48
13 - 1:58:57
F - 2:00:00

**WFEED
ESTATION**
SPORTS NUTRITION

**HALF
MARATHON
PACE
2H 15MINS**

1 - 0:10:18
2 - 0:20:36
3 - 0:30:54
4 - 0:41:12
5 - 0:51:30
6 - 1:01:48
7 - 1:12:06
8 - 1:22:24
9 - 1:32:42
10 - 1:43:00
11 - 1:53:18
12 - 2:03:36
13 - 2:13:54
F - 2:15:00

**WFEED
ESTATION**
SPORTS NUTRITION

**HALF
MARATHON
PACE
2H 30MINS**

1 - 0:11:27
2 - 0:22:54
3 - 0:34:21
4 - 0:45:48
5 - 0:57:15
6 - 1:08:42
7 - 1:20:09
8 - 1:31:36
9 - 1:43:02
10 - 1:54:30
11 - 2:05:57
12 - 2:17:24
13 - 2:28:51
F - 2:30:00

**WFEED
ESTATION**
SPORTS NUTRITION