

**Earned Runs™ “10-WEEK MSA 2018 Annual Meeting 5K at Mackinac Island, Michigan
Beginner Training Plan with optional TRACK DAY**

TRAINING PLAN DISTANCE (ESTIMATED) CALCULATION

Total running minutes = number of RUNNING minutes x number of repeats

See chart below for distances by minute / mile running speed

(14-minute, 12-minute or 10- minute mile).

This time may decrease as you progress in the plan and run faster!. The Calculation is meant to give you a range of miles you are likely to be running on Saturdays; the walking minutes are mostly ignored and the warm-up cool-down minutes are also not counted in the calculation.

WALKING DISTANCE ESTIMATION: Warm-up and Cool-down walking speed

Is estimated at about 16 minutes per mile

1 minute walking at 16 minutes/mile = $1/16$ mile = 0.0625 mile

The 10-minute walking warm-up(5min) + cool-down (5min) = $10 \times 1/16$ mile
= 10×0.0625 mile = ~ .63 miles

RUNNING DISTANCE ESTIMATION BY SPEED

IF your running pace is **14 minutes/mile...**

...when you run __ minutes, the distance covered is about __ distance:

1 minute = $1/14$ mile	~ 0.07 mile
2 minutes = $2/14$ mile	~ 0.14 mile
3 minutes = $3/14$ mile	~ 0.21 mile
4 minutes = $4/14$ miles	~ 0.29 mile
5 minutes = $5/14$ miles	~ 0.35 mile
6 minutes = $6/14$ miles	~ 0.42 mile
7 minutes = $7/14$ miles	~ 0.5 mile ($\frac{1}{2}$ mile)
8 minutes = $8/14$ miles	~ 0.57 mile
9 minutes = $9/14$ miles	~.063 mile
10 minutes = $10/14$ miles	~ 0.7 mile
12 minutes = $12/14$ miles	~ 0.84 mile
15 minutes = $15/14$ miles	~ 1.07 miles
20 minutes = $20/14$ miles	~ 1.42 miles
24 minutes = $24/14$ miles	~ 1.7 miles
25 minutes = $25/14$ miles	~ 1.77 miles
28 minutes = $28/14$ miles	~ 2 miles
30 minutes = $30/14$ miles	~ 2.14 miles
32 minutes = $32/14$ miles	~ 2.29 miles
35 minutes = $35/14$ miles	~ 2.5 miles
37 minutes = $37/14$ miles	~ 2.63 miles
40 minutes = $40/14$ miles	~ 2.84 miles
42 minutes = $42/14$ miles	~ 3 miles
43 minutes = $43/14$ miles	~ 3.07 miles
45 minutes = $45/14$ miles	~ 3.21 miles
58 minutes = $58/14$ miles	~ 4.14 miles

IF your running pace is **12 minutes/mile...**

...when you run __minutes, the distance covered is about __ distance

1 minutes = $1/12$ mile	~ 0.08 mile
2 minutes = $2/12$ mile	~ 0.16 mile

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3 minutes = 3/12 mile	~ 0.25 mile
4 minutes = 4/12 miles	~ 0.33 mile
5 minutes = 5/12 miles	~ 0.4 mile
6 minutes = 6/12 miles	~ 0.5 mile
7 minutes = 7/12 miles	~ 0.56 mile
8 minutes = 8/12 miles	~ 0.67 mile
9 minutes = 9/12 miles	~ 0.75 mile
10 minutes = 10/12 miles	~ 0.8 mile
12 minutes = 12/12 miles	~ 0.1 mile
15 minutes = 15/12 miles	~ 1.25 miles
20 minutes = 20/12 miles	~ 1.67 miles
24 minutes = 24/12 miles	~ 2.0 miles
25 minutes = 25/12 miles	~ 2.1 miles
28 minutes = 28/12 miles	~ 2.29 miles
30 minutes = 30/12 miles	~ 2.5 miles
32 minutes = 32/12 miles	~ 2.67 miles
35 minutes = 35/12 miles	~ 2.9 miles
37 minutes = 37/12 miles	~ 3.08 miles
40 minutes = 40/12 miles	~ 3.29 miles
42 minutes = 42/12 miles	~ 3.5 miles
43 minutes = 43/12 miles	~ 3.56 miles
45 minutes = 45/12 miles	~ 3.75 miles
58 minutes = 58/12 miles	~ 4.8 miles

IF your running pace is **10 minutes/mile...**

...when you run ____minutes, the distance covered is about ____ distance

x 1 minute	~ 0.1 mile
x 2 minutes = 2/10 mile	~ 0.2 mile
x 3 minutes = 3/10 mile	~ 0.3 mile
x 4 minutes = 4/10 miles	~ 0.4 mile
x 5 minutes = 5/10 miles	~ 0.5 mile
x 6 minutes = 6/10 miles	~ 0.6 mile
x 7 minutes = 7/10 miles	~ 0.7 mile
x 8 minutes = 8/10 miles	~ 0.8 mile
x 9 minutes = 9/10 miles	~ 0.9 mile
x 10 minutes = 10/10 miles	~ 1.0 mile
x 12 minutes = 12/10 miles	~ 1.2 miles
x 15 minutes = 15/10 miles	~ 1.5 miles
x 20 minutes = 20/10 miles	~ 2 miles
x 24 minutes = 24/10 miles	~ 2.4 miles
x 25 minutes = 25/10 miles	~ 2.5 miles
x 28 minutes = 28/10 miles	~ 2.8 miles
x 30 minutes = 30/10 miles	~ 3.0 miles
x 32 minutes = 32/10 miles	~ 3.2 miles
x 35 minutes = 35/10 miles	~ 3.5 miles
x 37 minutes = 37/10 miles	~ 3.7 miles
x 40 minutes = 40/10 miles	~ 4.0 miles
x 42 minutes = 42/10 miles	~ 4.2 miles
x 43 minutes = 43/10 miles	~ 4.3 miles

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x 45 minutes = 45/10 miles

~ 4.5 miles

x 58 minutes = 58/10 miles

~ 5.8 miles