

## Run-Walk-Run Ratios

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<b>Pace per Mile</b>	<b>Run Amount</b>	<b>Walk Amount</b>
7:00	7 Minutes	30 Seconds
7:30	6 Minutes	30 Seconds
8:00	5 Minutes	30 Seconds
8:30	4 Minutes	30 Seconds
9:00	3 Minutes	30 Seconds (or run 5 minutes and walk a minute)
9:30	4 Minutes	1 Minute (or run 2 minutes and walk 30 seconds)
10:00-11:30	3 Minutes	1 Minute
11:30-13:30	2 Minutes	1 Minute
13:30-15:30	1 Minute	1 Minute (or run 2 minutes and walk a minute)
15:30-17:00	30 Seconds	30 seconds (or run 1 minute and walk a minute)
17:00-20:00	30 Seconds	1 minute

You may always divide each of the amounts by 2. Example: instead of running 7 minutes/walking 30 seconds, you could run 3:30 and walk 15 seconds. This allows for you to walk through a water stop that is placed irregularly.