

Appendix A – Hadley Performance Levels (HPL)

This table allows runners and coaches to determine an athlete's current performance level based on recent race results or time trials.

Multiple race distances are provided so athletes can select the performance that best reflects their current fitness.

Once a level is identified, it can be used to: - Determine appropriate training paces (Appendix B) - Track progression over time - Set realistic performance goals

Coaching Note: Fitness is dynamic. Reassess levels periodically as the athlete improves.

Hadley Performance Levels (HPL): Race Times					
HPL 1	5k	8k	10k	15k	10 mile
	0:29:40	0:48:45	1:02:00	1:35:06	1:42:28
	20k	Half Mar	25k	30k	Marathon
	2:09:36	2:17:03	2:43:49	3:18:46	4:46:25
HPL 2	5k	8k	10k	15k	10 mile
	0:29:25	0:48:20	1:01:28	1:34:17	1:41:35
	20k	Half Mar	25k	30k	Marathon
	2:08:29	2:15:52	2:42:25	3:17:03	4:43:57
HPL 3	5k	8k	10k	15k	10 mile
	0:29:09	0:47:55	1:00:56	1:33:28	1:40:42
	20k	Half Mar	25k	30k	Marathon
	2:07:22	2:14:41	2:41:00	3:15:20	4:41:29
HPL 4	5k	8k	10k	15k	10 mile
	0:28:54	0:47:29	1:00:24	1:32:39	1:39:49
	20k	Half Mar	25k	30k	Marathon
	2:06:15	2:13:30	2:39:35	3:13:38	4:39:01
HPL 5	5k	8k	10k	15k	10 mile
	0:28:39	0:47:04	0:59:52	1:31:49	1:38:56
	20k	Half Mar	25k	30k	Marathon
	2:05:08	2:12:19	2:38:11	3:11:55	4:36:33
HPL 6	5k	8k	10k	15k	10 mile
	0:28:23	0:46:39	0:59:20	1:31:00	1:38:03
	20k	Half Mar	25k	30k	Marathon
	2:04:01	2:11:08	2:36:46	3:10:12	4:34:05
HPL 7	5k	8k	10k	15k	10 mile
	0:28:08	0:46:14	0:58:48	1:30:11	1:37:10
	20k	Half Mar	25k	30k	Marathon
	2:02:54	2:09:58	2:35:21	3:08:30	4:31:37

HPL 8	5k	8k	10k	15k	10 mile
	0:27:53	0:45:49	0:58:16	1:29:22	1:36:17
	20k	Half Mar	25k	30k	Marathon
	2:01:47	2:08:47	2:33:57	3:06:47	4:29:09
HPL 9	5k	8k	10k	15k	10 mile
	0:27:37	0:45:23	0:57:44	1:28:33	1:35:24
	20k	Half Mar	25k	30k	Marathon
	2:00:40	2:07:36	2:32:32	3:05:04	4:26:41
HPL 10	5k	8k	10k	15k	10 mile
	0:27:22	0:44:58	0:57:12	1:27:44	1:34:31
	20k	Half Mar	25k	30k	Marathon
	1:59:33	2:06:25	2:31:07	3:03:21	4:24:13
HPL 11	5k	8k	10k	15k	10 mile
	0:27:07	0:44:33	0:56:40	1:26:54	1:33:38
	20k	Half Mar	25k	30k	Marathon
	1:58:26	2:05:14	2:29:43	3:01:39	4:21:45
HPL 12	5k	8k	10k	15k	10 mile
	0:26:51	0:44:08	0:56:08	1:26:05	1:32:45
	20k	Half Mar	25k	30k	Marathon
	1:57:19	2:04:03	2:28:18	2:59:56	4:19:17
HPL 13	5k	8k	10k	15k	10 mile
	0:26:36	0:43:43	0:55:36	1:25:16	1:31:52
	20k	Half Mar	25k	30k	Marathon
	1:56:12	2:02:53	2:26:53	2:58:13	4:16:49
HPL 14	5k	8k	10k	15k	10 mile
	0:26:21	0:43:17	0:55:04	1:24:27	1:30:59
	20k	Half Mar	25k	30k	Marathon
	1:55:05	2:01:42	2:25:29	2:56:30	4:14:21
HPL 15	5k	8k	10k	15k	10 mile
	0:26:05	0:42:52	0:54:32	1:23:38	1:30:06
	20k	Half Mar	25k	30k	Marathon
	1:53:58	2:00:31	2:24:04	2:54:48	4:11:53
HPL 16	5k	8k	10k	15k	10 mile
	0:25:50	0:42:27	0:53:59	1:22:49	1:29:13
	20k	Half Mar	25k	30k	Marathon
	1:52:51	1:59:20	2:22:39	2:53:05	4:09:25
HPL 17	5k	8k	10k	15k	10 mile
	0:25:35	0:42:02	0:53:27	1:22:00	1:28:20
	20k	Half Mar	25k	30k	Marathon
	1:51:44	1:58:09	2:21:15	2:51:22	4:06:57

HPL 18	5k	8k	10k	15k	10 mile
	0:25:19	0:41:37	0:52:55	1:21:10	1:27:27
	20k	Half Mar	25k	30k	Marathon
	1:50:37	1:56:59	2:19:50	2:49:39	4:04:29
HPL 19	5k	8k	10k	15k	10 mile
	0:25:04	0:41:11	0:52:23	1:20:21	1:26:34
	20k	Half Mar	25k	30k	Marathon
	1:49:30	1:55:48	2:18:25	2:47:57	4:02:01
HPL 20	5k	8k	10k	15k	10 mile
	0:24:49	0:40:46	0:51:51	1:19:32	1:25:41
	20k	Half Mar	25k	30k	Marathon
	1:48:23	1:54:37	2:17:01	2:46:14	3:59:33
HPL 21	5k	8k	10k	15k	10 mile
	0:24:33	0:40:21	0:51:19	1:18:43	1:24:49
	20k	Half Mar	25k	30k	Marathon
	1:47:16	1:53:26	2:15:36	2:44:31	3:57:05
HPL 22	5k	8k	10k	15k	10 mile
	0:24:18	0:39:56	0:50:47	1:17:54	1:23:56
	20k	Half Mar	25k	30k	Marathon
	1:46:09	1:52:15	2:14:11	2:42:49	3:54:36
HPL 23	5k	8k	10k	15k	10 mile
	0:24:03	0:39:31	0:50:15	1:17:05	1:23:03
	20k	Half Mar	25k	30k	Marathon
	1:45:02	1:51:04	2:12:47	2:41:06	3:52:08
HPL 24	5k	8k	10k	15k	10 mile
	0:23:47	0:39:05	0:49:43	1:16:15	1:22:10
	20k	Half Mar	25k	30k	Marathon
	1:43:55	1:49:54	2:11:22	2:39:23	3:49:40
HPL 25	5k	8k	10k	15k	10 mile
	0:23:32	0:38:40	0:49:11	1:15:26	1:21:17
	20k	Half Mar	25k	30k	Marathon
	1:42:48	1:48:43	2:09:57	2:37:40	3:47:12
HPL 26	5k	8k	10k	15k	10 mile
	0:23:17	0:38:15	0:48:39	1:14:37	1:20:24
	20k	Half Mar	25k	30k	Marathon
	1:41:41	1:47:32	2:08:33	2:35:58	3:44:44
HPL 27	5k	8k	10k	15k	10 mile
	0:23:01	0:37:50	0:48:07	1:13:48	1:19:31
	20k	Half Mar	25k	30k	Marathon
	1:40:34	1:46:21	2:07:08	2:34:15	3:42:16

HPL 28	5k	8k	10k	15k	10 mile
	0:22:46	0:37:25	0:47:35	1:12:59	1:18:38
	20k	Half Mar	25k	30k	Marathon
	1:39:27	1:45:10	2:05:43	2:32:32	3:39:48
HPL 29	5k	8k	10k	15k	10 mile
	0:22:31	0:36:59	0:47:03	1:12:10	1:17:45
	20k	Half Mar	25k	30k	Marathon
	1:38:20	1:43:59	2:04:19	2:30:49	3:37:20
HPL 30	5k	8k	10k	15k	10 mile
	0:22:15	0:36:34	0:46:31	1:11:21	1:16:52
	20k	Half Mar	25k	30k	Marathon
	1:37:13	1:42:49	2:02:54	2:29:07	3:34:52
HPL 31	5k	8k	10k	15k	10 mile
	0:22:00	0:36:09	0:45:59	1:10:31	1:15:59
	20k	Half Mar	25k	30k	Marathon
	1:36:06	1:41:38	2:01:29	2:27:24	3:32:24
HPL 32	5k	8k	10k	15k	10 mile
	0:21:45	0:35:44	0:45:27	1:09:42	1:15:06
	20k	Half Mar	25k	30k	Marathon
	1:34:59	1:40:27	2:00:05	2:25:41	3:29:56
HPL 33	5k	8k	10k	15k	10 mile
	0:21:29	0:35:19	0:44:55	1:08:53	1:14:13
	20k	Half Mar	25k	30k	Marathon
	1:33:52	1:39:16	1:58:40	2:23:58	3:27:28
HPL 34	5k	8k	10k	15k	10 mile
	0:21:14	0:34:53	0:44:23	1:08:04	1:13:20
	20k	Half Mar	25k	30k	Marathon
	1:32:45	1:38:05	1:57:15	2:22:16	3:25:00
HPL 35	5k	8k	10k	15k	10 mile
	0:20:59	0:34:28	0:43:51	1:07:15	1:12:27
	20k	Half Mar	25k	30k	Marathon
	1:31:38	1:36:54	1:55:50	2:20:33	3:22:32
HPL 36	5k	8k	10k	15k	10 mile
	0:20:43	0:34:03	0:43:19	1:06:26	1:11:34
	20k	Half Mar	25k	30k	Marathon
	1:30:31	1:35:44	1:54:26	2:18:50	3:20:04
HPL 37	5k	8k	10k	15k	10 mile
	0:20:28	0:33:38	0:42:47	1:05:37	1:10:41
	20k	Half Mar	25k	30k	Marathon
	1:29:24	1:34:33	1:53:01	2:17:08	3:17:36

HPL 38	5k	8k	10k	15k	10 mile
	0:20:13	0:33:13	0:42:14	1:04:47	1:09:48
	20k	Half Mar	25k	30k	Marathon
	1:28:17	1:33:22	1:51:36	2:15:25	3:15:08
HPL 39	5k	8k	10k	15k	10 mile
	0:19:57	0:32:47	0:41:42	1:03:58	1:08:55
	20k	Half Mar	25k	30k	Marathon
	1:27:10	1:32:11	1:50:12	2:13:42	3:12:40
HPL 40	5k	8k	10k	15k	10 mile
	0:19:42	0:32:22	0:41:10	1:03:09	1:08:02
	20k	Half Mar	25k	30k	Marathon
	1:26:03	1:31:00	1:48:47	2:11:59	3:10:12
HPL 41	5k	8k	10k	15k	10 mile
	0:19:27	0:31:57	0:40:38	1:02:20	1:07:09
	20k	Half Mar	25k	30k	Marathon
	1:24:56	1:29:49	1:47:22	2:10:17	3:07:44
HPL 42	5k	8k	10k	15k	10 mile
	0:19:11	0:31:32	0:40:06	1:01:31	1:06:16
	20k	Half Mar	25k	30k	Marathon
	1:23:49	1:28:39	1:45:58	2:08:34	3:05:16
HPL 43	5k	8k	10k	15k	10 mile
	0:18:56	0:31:07	0:39:34	1:00:42	1:05:23
	20k	Half Mar	25k	30k	Marathon
	1:22:42	1:27:28	1:44:33	2:06:51	3:02:48
HPL 44	5k	8k	10k	15k	10 mile
	0:18:41	0:30:41	0:39:02	0:59:52	1:04:30
	20k	Half Mar	25k	30k	Marathon
	1:21:35	1:26:17	1:43:08	2:05:08	3:00:20
HPL 45	5k	8k	10k	15k	10 mile
	0:18:25	0:30:16	0:38:30	0:59:03	1:03:38
	20k	Half Mar	25k	30k	Marathon
	1:20:28	1:25:06	1:41:44	2:03:26	2:57:52
HPL 46	5k	8k	10k	15k	10 mile
	0:18:10	0:29:51	0:37:58	0:58:14	1:02:45
	20k	Half Mar	25k	30k	Marathon
	1:19:21	1:23:55	1:40:19	2:01:43	2:55:24
HPL 47	5k	8k	10k	15k	10 mile
	0:17:55	0:29:26	0:37:26	0:57:25	1:01:52
	20k	Half Mar	25k	30k	Marathon
	1:18:14	1:22:44	1:38:54	2:00:00	2:52:56

HPL 48	5k	8k	10k	15k	10 mile
	0:17:39	0:29:01	0:36:54	0:56:36	1:00:59
	20k	Half Mar	25k	30k	Marathon
	1:17:07	1:21:34	1:37:30	1:58:18	2:50:27
HPL 49	5k	8k	10k	15k	10 mile
	0:17:24	0:28:36	0:36:22	0:55:47	1:00:06
	20k	Half Mar	25k	30k	Marathon
	1:16:00	1:20:23	1:36:05	1:56:35	2:47:59
HPL 50	5k	8k	10k	15k	10 mile
	0:17:09	0:28:10	0:35:50	0:54:58	0:59:13
	20k	Half Mar	25k	30k	Marathon
	1:14:54	1:19:12	1:34:40	1:54:52	2:45:31
HPL 51	5k	8k	10k	15k	10 mile
	0:16:53	0:27:45	0:35:18	0:54:08	0:58:20
	20k	Half Mar	25k	30k	Marathon
	1:13:47	1:18:01	1:33:16	1:53:09	2:43:03
HPL 52	5k	8k	10k	15k	10 mile
	0:16:38	0:27:20	0:34:46	0:53:19	0:57:27
	20k	Half Mar	25k	30k	Marathon
	1:12:40	1:16:50	1:31:51	1:51:27	2:40:35
HPL 53	5k	8k	10k	15k	10 mile
	0:16:23	0:26:55	0:34:14	0:52:30	0:56:34
	20k	Half Mar	25k	30k	Marathon
	1:11:33	1:15:39	1:30:26	1:49:44	2:38:07
HPL 54	5k	8k	10k	15k	10 mile
	0:16:07	0:26:30	0:33:42	0:51:41	0:55:41
	20k	Half Mar	25k	30k	Marathon
	1:10:26	1:14:29	1:29:02	1:48:01	2:35:39
HPL 55	5k	8k	10k	15k	10 mile
	0:15:52	0:26:04	0:33:10	0:50:52	0:54:48
	20k	Half Mar	25k	30k	Marathon
	1:09:19	1:13:18	1:27:37	1:46:18	2:33:11
HPL 56	5k	8k	10k	15k	10 mile
	0:15:37	0:25:39	0:32:38	0:50:03	0:53:55
	20k	Half Mar	25k	30k	Marathon
	1:08:12	1:12:07	1:26:12	1:44:36	2:30:43
HPL 57	5k	8k	10k	15k	10 mile
	0:15:21	0:25:14	0:32:06	0:49:13	0:53:02
	20k	Half Mar	25k	30k	Marathon
	1:07:05	1:10:56	1:24:48	1:42:53	2:28:15

HPL 58	5k	8k	10k	15k	10 mile
	0:15:06	0:24:49	0:31:34	0:48:24	0:52:09
	20k	Half Mar	25k	30k	Marathon
	1:05:58	1:09:45	1:23:23	1:41:10	2:25:47
HPL 59	5k	8k	10k	15k	10 mile
	0:14:51	0:24:24	0:31:01	0:47:35	0:51:16
	20k	Half Mar	25k	30k	Marathon
	1:04:51	1:08:34	1:21:58	1:39:27	2:23:19
HPL 60	5k	8k	10k	15k	10 mile
	0:14:35	0:23:58	0:30:29	0:46:46	0:50:23
	20k	Half Mar	25k	30k	Marathon
	1:03:44	1:07:24	1:20:34	1:37:45	2:20:51
HPL 61	5k	8k	10k	15k	10 mile
	0:14:20	0:23:33	0:29:57	0:45:57	0:49:30
	20k	Half Mar	25k	30k	Marathon
	1:02:37	1:06:13	1:19:09	1:36:02	2:18:23
HPL 62	5k	8k	10k	15k	10 mile
	0:14:05	0:23:08	0:29:26	0:45:08	0:48:38
	20k	Half Mar	25k	30k	Marathon
	1:01:30	1:05:02	1:17:45	1:34:20	2:15:56
HPL 63	5k	8k	10k	15k	10 mile
	0:13:49	0:22:43	0:28:54	0:44:19	0:47:45
	20k	Half Mar	25k	30k	Marathon
	1:00:23	1:03:52	1:16:21	1:32:38	2:13:29
HPL 64	5k	8k	10k	15k	10 mile
	0:13:34	0:22:18	0:28:22	0:43:30	0:46:52
	20k	Half Mar	25k	30k	Marathon
	0:59:17	1:02:41	1:14:56	1:30:55	2:11:01
HPL 65	5k	8k	10k	15k	10 mile
	0:13:19	0:21:53	0:27:50	0:42:41	0:46:00
	20k	Half Mar	25k	30k	Marathon
	0:58:10	1:01:31	1:13:32	1:29:13	2:08:34
HPL 66	5k	8k	10k	15k	10 mile
	0:13:04	0:21:28	0:27:18	0:41:52	0:45:07
	20k	Half Mar	25k	30k	Marathon
	0:57:04	1:00:21	1:12:08	1:27:31	2:06:07
HPL 67	5k	8k	10k	15k	10 mile
	0:12:48	0:21:03	0:26:46	0:41:04	0:44:14
	20k	Half Mar	25k	30k	Marathon
	0:55:57	0:59:10	1:10:44	1:25:49	2:03:40

HPL 68	5k	8k	10k	15k	10 mile
	0:12:33	0:20:38	0:26:14	0:40:15	0:43:22
	20k	Half Mar	25k	30k	Marathon
	0:54:50	0:58:00	1:09:20	1:24:07	2:01:12
HPL 69	5k	8k	10k	15k	10 mile
	0:12:18	0:20:13	0:25:42	0:39:26	0:42:29
	20k	Half Mar	25k	30k	Marathon
	0:53:44	0:56:49	1:07:55	1:22:25	1:58:45