Pacing Table
Point Level: 400
Time Entries (min : sec)

Percent Performance	Reps	Rest	100 m	150 m	200 m	250 m	300 m	350 m	400 m
100.0%	0-1	---	14.9	22.7	30.9	40.3	50.5	1:01.8	1:14.1
95.0%	1-2	5-7 min	15.7	23.9	32.5	42.4	53.2	1:05.0	1:18.0
90.0%	2-3	4-5 min	16.5	25.3	34.3	44.7	56.1	1:08.6	1:22.4
85.0%	4-5	3-4 min	17.5	26.7	36.3	47.4	59.4	1:12.7	1:27.2
82.5%	6-7	2-3 min	18.0	27.6	37.4	48.8	1:01.2	1:14.9	1:29.8
80.0%	8-9	1-2 min	18.6	28.4	38.6	50.3	1:03.2	1:17.2	1:32.7
77.5%	10-12	1-2 min	19.2	29.3	39.8	52.0	1:05.2	1:19.7	1:35.6
75.0%	13-15	1-2 min	19.8	30.3	41.2	53.7	1:07.4	1:22.3	1:38.8
72.5%	16-18	.5-1 min	20.5	31.4	42.6	55.5	1:09.7	1:25.2	1:42.2
70.0%	19-21	.5-1 min	21.3	32.5	44.1	57.5	1:12.2	1:28.2	1:45.9

Percent Performance	Reps	Rest	500	600	800	1000 m	1200 m	1500 m	Mile
100.0%	0-1	---	1:36	1:59	2:50	3:36	4:25	5:42	6:09
95.0%	1-2	5-7 min	1:41	2:05	2:59	3:48	4:39	6:00	6:29
90.0%	2-3	4-5 min	1:46	2:12	3:08	4:00	4:54	6:20	6:50
85.0%	4-5	3-4 min	1:53	2:20	3:20	4:15	5:12	6:42	7:14
82.5%	6-7	2-3 min	1:56	2:24	3:26	4:22	5:21	6:54	7:27
80.0%	8-9	1-2 min	2:00	2:28	3:32	4:30	5:31	7:07	7:41
77.5%	10-12	1-2 min	2:03	2:33	3:39	4:39	5:42	7:21	7:56
75.0%	13-15	1-2 min	2:08	2:38	3:46	4:48	5:53	7:36	8:12
72.5%	16-18	.5-1 min	2:12	2:44	3:54	4:58	6:06	7:52	8:29
70.0%	19-21	.5-1 min	2:17	2:50	4:02	5:09	6:19	8:08	8:47