Pacing Table
Point Level: 450
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	---	13.8	21.1	28.6	37.4	46.9	57.3	1:08.7
95.0%	1-2	5-7 min	14.5	22.2	30.1	39.3	49.3	1:00.3	1:12.3
90.0%	2-3	4-5 min	15.3	23.4	31.8	41.5	52.1	1:03.6	1:16.4
85.0%	4-5	3-4 min	16.2	24.8	33.7	43.9	55.1	1:07.4	1:20.9
82.5%	6-7	2-3 min	16.7	25.6	34.7	45.3	56.8	1:09.4	1:23.3
80.0%	8-9	1-2 min	17.3	26.4	35.8	46.7	58.6	1:11.6	1:25.9
77.5%	10-12	1-2 min	17.8	27.2	37.0	48.2	1:00.5	1:13.9	1:28.7
75.0%	13-15	1-2 min	18.4	28.1	38.2	49.8	1:02.5	1:16.4	1:31.6
72.5%	16-18	.5-1 min	19.0	29.1	39.5	51.5	1:04.6	1:19.0	1:34.8
70.0%	19-21	.5-1 min	19.7	30.1	40.9	53.4	1:06.9	1:21.8	1:38.2

Percent Performance	Reps	Rest	500	600	800	1000 m	1200 m	1500 m	Mile
100.0%	0-1	---	1:29	1:50	2:38	3:22	4:08	5:20	5:46
95.0%	1-2	5-7 min	1:33	1:56	2:47	3:33	4:21	5:37	6:04
90.0%	2-3	4-5 min	1:39	2:03	2:56	3:44	4:35	5:56	6:24
85.0%	4-5	3-4 min	1:44	2:10	3:06	3:58	4:51	6:17	6:47
82.5%	6-7	2-3 min	1:48	2:14	3:12	4:05	5:00	6:28	6:59
80.0%	8-9	1-2 min	1:51	2:18	3:18	4:12	5:10	6:40	7:12
77.5%	10-12	1-2 min	1:55	2:22	3:24	4:21	5:20	6:53	7:26
75.0%	13-15	1-2 min	1:58	2:27	3:31	4:29	5:30	7:07	7:41
72.5%	16-18	.5-1 min	2:03	2:32	3:38	4:39	5:42	7:22	7:57
70.0%	19-21	.5-1 min	2:07	2:38	3:46	4:49	5:54	7:37	8:14