Pacing Table
Point Level: 500
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	---	13.0	19.8	26.9	35.0	43.9	53.5	1:04.1
95.0%	1-2	5-7 min	13.6	20.8	28.3	36.9	46.2	56.3	1:07.5
90.0%	2-3	4-5 min	14.4	22.0	29.9	38.9	48.7	59.5	1:11.2
85.0%	4-5	3-4 min	15.3	23.3	31.6	41.2	51.6	1:03.0	1:15.4
82.5%	6-7	2-3 min	15.7	24.0	32.6	42.4	53.2	1:04.9	1:17.7
80.0%	8-9	1-2 min	16.2	24.7	33.6	43.8	54.8	1:06.9	1:20.1
77.5%	10-12	1-2 min	16.7	25.5	34.7	45.2	56.6	1:09.0	1:22.7
75.0%	13-15	1-2 min	17.3	26.4	35.8	46.7	58.5	1:11.3	1:25.5
72.5%	16-18	.5-1 min	17.9	27.3	37.1	48.3	1:00.5	1:13.8	1:28.4
70.0%	19-21	.5-1 min	18.5	28.3	38.4	50.0	1:02.7	1:16.4	1:31.6

Percent Performance	Reps	Rest	500	600	800	1000 m	1200 m	1500 m	Mile
100.0%	0-1	---	1:23	1:43	2:28	3:09	3:53	5:01	5:25
95.0%	1-2	5-7 min	1:27	1:49	2:36	3:19	4:05	5:17	5:43
90.0%	2-3	4-5 min	1:32	1:55	2:45	3:31	4:18	5:35	6:02
85.0%	4-5	3-4 min	1:38	2:01	2:54	3:43	4:34	5:54	6:23
82.5%	6-7	2-3 min	1:41	2:05	3:00	3:50	4:42	6:05	6:34
80.0%	8-9	1-2 min	1:44	2:09	3:05	3:57	4:51	6:16	6:47
77.5%	10-12	1-2 min	1:47	2:13	3:11	4:04	5:00	6:29	7:00
75.0%	13-15	1-2 min	1:51	2:17	3:18	4:13	5:10	6:42	7:14
72.5%	16-18	.5-1 min	1:54	2:22	3:24	4:21	5:21	6:55	7:29
70.0%	19-21	.5-1 min	1:58	2:27	3:32	4:31	5:32	7:10	7:45

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