

**Pacing Table**

Point Level: 550

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	---	12.3	18.8	25.5	33.2	41.4	50.4	1:00.1
95.0%	1-2	5-7 min	13.0	19.8	26.9	34.9	43.6	53.0	1:03.3
90.0%	2-3	4-5 min	13.7	20.9	28.4	36.8	46.0	56.0	1:06.8
85.0%	4-5	3-4 min	14.5	22.1	30.0	39.0	48.7	59.2	1:10.7
82.5%	6-7	2-3 min	15.0	22.8	30.9	40.2	50.2	1:01.0	1:12.9
80.0%	8-9	1-2 min	15.4	23.5	31.9	41.4	51.8	1:02.9	1:15.1
77.5%	10-12	1-2 min	15.9	24.3	32.9	42.8	53.4	1:05.0	1:17.6
75.0%	13-15	1-2 min	16.5	25.1	34.0	44.2	55.2	1:07.1	1:20.1
72.5%	16-18	.5-1 min	17.0	26.0	35.2	45.7	57.1	1:09.5	1:22.9
70.0%	19-21	.5-1 min	17.6	26.9	36.5	47.4	59.1	1:11.9	1:25.9

Percent Performance	Reps	Rest	500	600	800	1000 m	1200 m	1500 m	Mile
100.0%	0-1	---	1:18	1:37	2:20	2:59	3:39	4:45	5:08
95.0%	1-2	5-7 min	1:22	1:42	2:27	3:08	3:51	5:00	5:24
90.0%	2-3	4-5 min	1:26	1:48	2:35	3:18	4:04	5:16	5:42
85.0%	4-5	3-4 min	1:32	1:54	2:44	3:30	4:18	5:35	6:02
82.5%	6-7	2-3 min	1:34	1:57	2:49	3:36	4:26	5:45	6:13
80.0%	8-9	1-2 min	1:37	2:01	2:54	3:43	4:34	5:56	6:25
77.5%	10-12	1-2 min	1:40	2:05	3:00	3:50	4:43	6:07	6:37
75.0%	13-15	1-2 min	1:44	2:09	3:06	3:58	4:53	6:20	6:50
72.5%	16-18	.5-1 min	1:47	2:14	3:12	4:06	5:03	6:33	7:05
70.0%	19-21	.5-1 min	1:51	2:18	3:19	4:15	5:13	6:47	7:20

953