Pacing Table
Point Level: 600
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	---	11.9	18.1	24.5	31.7	39.4	47.8	56.7
95.0%	1-2	5-7 min	12.5	19.0	25.8	33.4	41.5	50.3	59.7
90.0%	2-3	4-5 min	13.2	20.1	27.2	35.2	43.8	53.1	1:03.1
85.0%	4-5	3-4 min	14.0	21.3	28.8	37.3	46.4	56.2	1:06.8
82.5%	6-7	2-3 min	14.4	21.9	29.7	38.4	47.8	57.9	1:08.8
80.0%	8-9	1-2 min	14.8	22.6	30.6	39.6	49.3	59.7	1:10.9
77.5%	10-12	1-2 min	15.3	23.3	31.6	40.9	50.9	1:01.6	1:13.2
75.0%	13-15	1-2 min	15.8	24.1	32.6	42.2	52.6	1:03.7	1:15.7
72.5%	16-18	.5-1 min	16.4	24.9	33.8	43.7	54.4	1:05.9	1:18.3
70.0%	19-21	.5-1 min	17.0	25.8	35.0	45.3	56.3	1:08.2	1:21.1

Percent Performance	Reps	Rest	500	600	800	1000 m	1200 m	1500 m	Mile
100.0%	0-1	---	1:13	1:31	2:12	2:49	3:28	4:31	4:53
95.0%	1-2	5-7 min	1:17	1:36	2:19	2:58	3:39	4:45	5:08
90.0%	2-3	4-5 min	1:22	1:42	2:27	3:08	3:51	5:01	5:25
85.0%	4-5	3-4 min	1:26	1:48	2:35	3:19	4:05	5:18	5:44
82.5%	6-7	2-3 min	1:29	1:51	2:40	3:25	4:12	5:28	5:55
80.0%	8-9	1-2 min	1:32	1:54	2:45	3:31	4:20	5:38	6:06
77.5%	10-12	1-2 min	1:35	1:58	2:50	3:38	4:28	5:49	6:18
75.0%	13-15	1-2 min	1:38	2:02	2:56	3:45	4:37	6:01	6:30
72.5%	16-18	.5-1 min	1:41	2:06	3:02	3:53	4:47	6:13	6:44
70.0%	19-21	.5-1 min	1:45	2:11	3:08	4:01	4:57	6:27	6:58

926