

Pacing Table

Point Level: 650

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	---	11.5	17.5	23.7	30.5	37.9	45.7	54.0
95.0%	1-2	5-7 min	12.1	18.5	24.9	32.1	39.8	48.1	56.9
90.0%	2-3	4-5 min	12.8	19.5	26.3	33.9	42.1	50.7	1:00.0
85.0%	4-5	3-4 min	13.6	20.6	27.9	35.9	44.5	53.7	1:03.6
82.5%	6-7	2-3 min	14.0	21.2	28.7	37.0	45.9	55.4	1:05.5
80.0%	8-9	1-2 min	14.4	21.9	29.6	38.2	47.3	57.1	1:07.5
77.5%	10-12	1-2 min	14.9	22.6	30.6	39.4	48.8	58.9	1:09.7
75.0%	13-15	1-2 min	15.4	23.4	31.6	40.7	50.5	1:01	1:12.0
72.5%	16-18	.5-1 min	15.9	24.2	32.7	42.1	52.2	1:03	1:14.5
70.0%	19-21	.5-1 min	16.5	25.0	33.8	43.6	54.1	1:05	1:17.2

Percent Performance	Reps	Rest	500	600	800	1000 m	1200 m	1500 m	Mile
100.0%	0-1	---	1:10	1:27	2:05	2:41	3:18	4:19	4:40
95.0%	1-2	5-7 min	1:14	1:32	2:12	2:49	3:29	4:33	4:55
90.0%	2-3	4-5 min	1:18	1:37	2:19	2:59	3:41	4:48	5:11
85.0%	4-5	3-4 min	1:22	1:42	2:27	3:09	3:53	5:05	5:30
82.5%	6-7	2-3 min	1:25	1:45	2:32	3:15	4:01	5:14	5:40
80.0%	8-9	1-2 min	1:27	1:49	2:37	3:21	4:08	5:24	5:50
77.5%	10-12	1-2 min	1:30	1:52	2:42	3:28	4:16	5:34	6:02
75.0%	13-15	1-2 min	1:33	1:56	2:47	3:35	4:25	5:45	6:14
72.5%	16-18	.5-1 min	1:36	2:00	2:53	3:42	4:34	5:57	6:27
70.0%	19-21	.5-1 min	1:40	2:04	2:59	3:50	4:44	6:10	6:40

705