Pacing Table
Point Level: 700
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	---	11.3	17.1	23.1	29.7	36.6	44.1	51.9
95.0%	1-2	5-7 min	11.9	18.0	24.3	31.2	38.6	46.4	54.7
90.0%	2-3	4-5 min	12.5	19.0	25.6	32.9	40.7	49.0	57.7
85.0%	4-5	3-4 min	13.3	20.1	27.1	34.9	43.1	51.8	1:01.1
82.5%	6-7	2-3 min	13.7	20.7	27.9	35.9	44.4	53.4	1:03.0
80.0%	8-9	1-2 min	14.1	21.4	28.8	37.1	45.8	55.1	1:04.9
77.5%	10-12	1-2 min	14.5	22.1	29.7	38.3	47.3	56.8	1:07.0
75.0%	13-15	1-2 min	15.0	22.8	30.7	39.5	48.9	58.7	1:09.3
72.5%	16-18	.5-1 min	15.6	23.6	31.8	40.9	50.5	1:00.8	1:11.7
70.0%	19-21	.5-1 min	16.1	24.4	32.9	42.4	52.3	1:02.9	1:14.2

Percent Performance	Reps	Rest	500	600	800	1000 m	1200 m	1500 m	Mile
100.0%	0-1	---	1:07	1:24	2:00	2:34	3:11	4:10	4:30
95.0%	1-2	5-7 min	1:11	1:28	2:06	2:43	3:21	4:23	4:45
90.0%	2-3	4-5 min	1:15	1:33	2:13	2:52	3:32	4:37	5:00
85.0%	4-5	3-4 min	1:19	1:38	2:21	3:02	3:44	4:54	5:18
82.5%	6-7	2-3 min	1:21	1:41	2:25	3:07	3:51	5:03	5:28
80.0%	8-9	1-2 min	1:24	1:44	2:30	3:13	3:59	5:12	5:38
77.5%	10-12	1-2 min	1:27	1:48	2:35	3:19	4:06	5:22	5:49
75.0%	13-15	1-2 min	1:30	1:51	2:40	3:26	4:14	5:33	6:01
72.5%	16-18	.5-1 min	1:33	1:55	2:46	3:33	4:23	5:44	6:13
70.0%	19-21	.5-1 min	1:36	1:59	2:51	3:41	4:33	5:57	6:26