Pacing Table
Point Level: 750
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	---	11.1	16.8	22.6	29.0	35.7	42.9	50.4
95.0%	1-2	5-7 min	11.6	17.6	23.7	30.5	37.6	45.1	53.1
90.0%	2-3	4-5 min	12.3	18.6	25.1	32.2	39.7	47.6	56.0
85.0%	4-5	3-4 min	13.0	19.7	26.5	34.1	42.0	50.4	59.3
82.5%	6-7	2-3 min	13.4	20.3	27.3	35.1	43.3	52.0	1:01.1
80.0%	8-9	1-2 min	13.8	20.9	28.2	36.2	44.6	53.6	1:03.0
77.5%	10-12	1-2 min	14.3	21.6	29.1	37.4	46.1	55.3	1:05.1
75.0%	13-15	1-2 min	14.8	22.3	30.1	38.6	47.6	57.1	1:07.2
72.5%	16-18	.5-1 min	15.3	23.1	31.1	39.9	49.3	59.1	1:09.6
70.0%	19-21	.5-1 min	15.8	23.9	32.2	41.4	51.0	1:01.2	1:12.0

Percent Performance	Reps	Rest	500	600	800	1000 m	1200 m	1500 m	Mile
100.0%	0-1	---	1:05	1:21	1:56	2:30	3:05	4:03	4:23
95.0%	1-2	5-7 min	1:09	1:25	2:02	2:37	3:15	4:15	4:37
90.0%	2-3	4-5 min	1:12	1:30	2:09	2:46	3:26	4:30	4:52
85.0%	4-5	3-4 min	1:17	1:35	2:17	2:56	3:38	4:45	5:09
82.5%	6-7	2-3 min	1:19	1:38	2:21	3:01	3:44	4:54	5:18
80.0%	8-9	1-2 min	1:21	1:41	2:25	3:07	3:51	5:03	5:28
77.5%	10-12	1-2 min	1:24	1:44	2:30	3:13	3:59	5:13	5:39
75.0%	13-15	1-2 min	1:27	1:48	2:35	3:19	4:07	5:23	5:50
72.5%	16-18	.5-1 min	1:30	1:52	2:40	3:26	4:15	5:35	6:02
70.0%	19-21	.5-1 min	1:33	1:56	2:46	3:34	4:24	5:47	6:15

8:36