Pacing Table
Point Level: 800
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	---	10.9	16.5	22.1	28.4	35.0	42.0	49.3
95.0%	1-2	5-7 min	11.5	17.3	23.3	29.9	36.8	44.2	51.9
90.0%	2-3	4-5 min	12.1	18.3	24.6	31.6	38.9	46.6	54.8
85.0%	4-5	3-4 min	12.8	19.4	26.1	33.4	41.2	49.4	58.0
82.5%	6-7	2-3 min	13.2	20.0	26.8	34.4	42.4	50.9	59.8
80.0%	8-9	1-2 min	13.6	20.6	27.7	35.5	43.8	52.5	1:01.6
77.5%	10-12	1-2 min	14.1	21.3	28.6	36.7	45.2	54.1	1:03.6
75.0%	13-15	1-2 min	14.5	22.0	29.5	37.9	46.7	56.0	1:05.8
72.5%	16-18	.5-1 min	15.0	22.7	30.6	39.2	48.3	57.9	1:08.0
70.0%	19-21	.5-1 min	15.6	23.5	31.6	40.6	50.0	59.9	1:10.5

Percent Performance	Reps	Rest	500	600	800	1000 m	1200 m	1500 m	Mile
100.0%	0-1	---	1:04	1:19	1:53	2:26	3:01	3:57	4:17
95.0%	1-2	5-7 min	1:07	1:23	1:59	2:34	3:10	4:10	4:30
90.0%	2-3	4-5 min	1:11	1:28	2:06	2:42	3:21	4:24	4:45
85.0%	4-5	3-4 min	1:15	1:33	2:13	2:52	3:33	4:39	5:02
82.5%	6-7	2-3 min	1:17	1:36	2:17	2:57	3:39	4:47	5:11
80.0%	8-9	1-2 min	1:20	1:39	2:22	3:03	3:46	4:56	5:21
77.5%	10-12	1-2 min	1:22	1:42	2:26	3:08	3:53	5:06	5:31
75.0%	13-15	1-2 min	1:25	1:45	2:31	3:15	4:01	5:16	5:43
72.5%	16-18	.5-1 min	1:28	1:49	2:36	3:21	4:09	5:27	5:54
70.0%	19-21	.5-1 min	1:31	1:53	2:42	3:29	4:18	5:39	6:07

8:25