

RACE PERFORMANCE EQUIVALENCY CHART:

400m	56.1	55.7	55.3	54.9	54.4	54.0	53.6	53.2	52.8	52.4	52.0	51.6	51.0
800m	2:05.7	2:04.8	2:03.9	2:03.0	2:02.1	2:01.2	2:00.3	1:59.4	1:58.5	1:57.6	1:56.7	1:55.8	1:54.9
1600m	4:39	4:37	4:35	4:33	4:31	4:29	4:27	4:25	4:23	4:21	4:19	4:17	4:15
3200m	9:58	9:54	9:49	9:45	9:41	9:37	9:32	9:28	9:24	9:19	9:15	9:11	9:07
5k	16:10	16:03	15:56	15:49	15:42	15:35	15:28	15:22	15:15	15:08	15:01	14:54	14:47
10k	33:35	33:21	33:06	32:52	32:37	32:23	32:09	31:54	31:40	31:25	31:11	30:57	30:42
20k	1:10:49	1:10:18	1:09:48	1:09:18	1:08:47	1:08:17	1:07:47	1:07:16	1:06:46	1:06:16	1:05:45	1:05:15	1:04:45

WORKOUT PACE CHART:

(800m) 200	31.5	31	31	31	30.5	30.5	30	30	29.5	29.5	29.5	29	28.5
(800m) 300	47	46.5	46	46	45.5	45.5	45	45	44.5	44.5	44	43.5	43
(800m) 400	63	62.5	62	62	61.5	61	60.5	60	59.5	59	58.5	58	57.5
(1600m) 150	26	26	26	25.5	25.5	25	25	25	25	24.5	24.5	24	24
(1600m) 200	35	34.5	34.5	34	34	33.5	33.5	33	33	32.5	32.5	32	32
(1600m) 250	42	41.5	41.5	41	41	40.5	40.5	40	40	39.5	39.5	39	39
(1600m) 300	52.5	52	52	51.5	51	50.5	50	49.5	49.5	49	48.5	48	48
(1600m) 400	70	69.5	69	68.5	68	67.5	67	66.5	66	65.5	65	64.5	64
(3200m) 200	37	37	36.5	36.5	36	36	35.5	35.5	35	35	34.5	34.5	34
(3200m) 400	74.5	74	73.5	73	72.5	72	71.5	71	70.5	70	69.5	69	68.5
(5k) 400	77	76.5	76	75.5	75	74.5	74	73.5	73	72.5	71.5	71	70.5
(10k) 400	81	80.5	80	79.5	79	78.5	78	77.5	77	76.5	76	75.5	75
(20k) 400	86.5	86	85	84.5	84	83	82.5	82	81.5	81	80	79.5	79
LSD 1600	6:41-7:01	6:39-6:59	6:36-6:56	6:34-6:54	6:31-6:51	6:28-6:48	6:26-6:46	6:23-6:43	6:21-6:41	6:18-6:38	6:15-6:35	6:13-6:33	6:10-6:30

RACE PERFORMANCE EQUIVALENCY CHART:

400m	61.4	61.0	60.6	60.2	59.8	59.4	59	58.6	58.1	57.7	57.3	56.9	56.5
800m	2:17.5	2:16.6	2:15.7	2:14.3	2:13.9	2:13.0	2:12.1	2:11.2	2:10.3	2:09.4	2:08.5	2:07.6	2:06.7
1600m	5:05	5:03	5:01	4:59	4:57	4:55	4:53	4:51	4:49	4:47	4:45	4:43	4:41
3200m	10:53	10:49	10:45	10:40	10:36	10:32	10:28	10:23	10:19	10:14	10:11	10:06	10:02
5k	17:40	17:33	17:26	17:19	17:12	17:05	16:59	16:52	16:45	16:38	16:31	16:24	16:17
10k	36:42	36:28	36:13	35:59	35:45	35:30	35:16	35:01	34:47	34:33	34:18	34:04	33:49
20k	1:17:23	1:16:38	1:16:23	1:15:52	1:15:22	1:14:52	1:14:21	1:13:51	1:13:20	1:12:50	1:12:20	1:11:49	1:11:19

WORKOUT PACE CHART:

(800m) 200	34.5	34	34	33.5	33.5	33	33	32.5	32.5	32.5	32	32	31.5
(800m) 300	51.5	51	51	50.5	50.5	50	49.5	49	48.5	48.5	48	48	47.5
(800m) 400	68.5	68	68	67.5	67	66.5	66	65.5	65	65.5	65	64	63.5
(1600m) 150	28	28	28	27.5	27.5	27.5	27	27	27	26.5	26.5	26	26
(1600m) 200	38	37.5	37.5	37	37	36.5	36.5	36	36	35.5	35.5	35	35
(1600m) 250	46	45.5	45.5	45	45	44.5	44	44	43.5	43	43	42.5	42.5
(1600m) 300	56.5	56	56	55.5	55	54.5	54.5	54	53.5	53	53	52.5	52
(1600m) 400	75.5	75	74.5	74	73.5	73	72.5	72	71.5	71	70.5	70	69.5
(3200m) 200	40.5	40.5	40	40	39.5	39.5	39	39	38.5	38.5	38	37.5	37.5
(3200m) 400	81.5	81	80.5	80	79.5	79	78.5	78	77	76.5	76	75.5	75
(5k) 400	84.5	84	83.5	83	82.5	82	81.5	81	80	79.5	79	78.5	78
(10k) 400	88.5	88	87.5	87	86.5	86	85	84.5	84	83.5	83	82.5	82
(20k) 400	94	93	92.5	92	91.5	91	90.5	89.5	89	88.5	88	87.5	87
LSD 1600	7:15-7:35	7:12-7:32	7:10-7:30	7:07-7:27	7:04-7:24	7:02-7:22	6:59-7:19	6:57-7:17	6:54-7:14	6:52-7:12	6:49-7:09	6:46-7:06	6:44-7:04

RACE PERFORMANCE EQUIVALENCY CHART:

400m	66.8	66.4	65.9	65.5	65.1	64.7	64.3	63.9	63.5	63.1	62.7	62.3	61.8
800m	2:29.2	2:28.3	2:27.4	2:26.5	2:25.6	2:24.7	2:23.8	2:22.9	2:22.0	2:21.1	2:20.2	2:19.3	2:18.4
1600m	5:31	5:29	5:27	5:25	5:23	5:21	5:19	5:17	5:15	5:13	5:11	5:09	5:07
3200m	11:49	11:45	11:40	11:26	11:32	11:27	11:23	11:19	11:15	11:10	11:06	11:02	10:58
5k	19:10	19:03	18:56	18:49	18:42	18:36	18:29	18:22	18:15	18:08	18:01	17:54	17:47
10k	39:49	39:35	39:20	39:06	38:52	38:37	38:23	38:08	37:54	37:40	37:25	37:11	36:57
20k	1:23:58	1:23:27	1:22:57	1:22:27	1:21:56	1:21:26	1:20:56	1:20:25	1:19:55	1:19:25	1:18:54	1:18:24	1:17:54

WORKOUT PACE CHART:

(800m) 200	37.5	37	37	36.5	36.5	36	36	35.5	35.5	35	35	34.5	34.5
(800m) 300	56	55.5	55	54.5	54.5	54	54	53.5	53	52.5	52.5	52	51.5
(800m) 400	74.5	74	73.5	73	72.5	72	72	71.5	71	70.5	70	69.5	69
(1600m) 150	31	30.5	30.5	30.5	30	30	29.5	29.5	29	29	29	28.5	28.5
(1600m) 200	41.5	41	40.5	40.5	40	40	39.5	39.5	39	39	38.5	38.5	38
(1600m) 250	50	49.5	49	49	48.5	48.5	48	48	47.5	47.5	47	46.5	46.5
(1600m) 300	62	61.5	61	60.5	60	60	59.5	59	58.5	58	57.5	57.5	57.5
(1600m) 400	82.5	82	81.5	81	80.5	80	79.5	79	78.5	78	77.5	77	76.5
(3200m) 200	44.5	44	43.5	43	43	42.5	42.5	42	42	41.5	41.5	41	41
(3200m) 400	88.5	88	87	86.5	86	85.5	85	84.5	84	83.5	83	82.5	82
(5k) 400	92	91	90.5	90	89.5	89	88.5	88	87.5	87	86	85.5	85
(10k) 400	97	96	95.5	95	94	93.5	93	92.5	92	91	90.5	90	89.5
(20k) 400	1:42	1:41.5	1:41	1:40	99.5	99	98	97.5	97	96.5	95.5	95	94.5
LSD 1600	7:48-8:08	7:46-8:06	7:43-8:03	7:41-8:01	7:38-7:58	7:35-7:55	7:33-7:53	7:30-7:50	7:28-7:48	7:25-7:45	7:23-7:43	7:20-7:40	7:17-7:37

RACE PERFORMANCE EQUIVALENCY CHART:

400m	72.1	71.7	71.3	70.9	70.5	70.1	69.6	69.2	68.8	68.4	68.0	67.6	67.2
800m	2:40.9	2:40.0	2:39.1	2:38.2	2:37.3	2:36.4	2:35.5	2:34.6	2:33.7	2:32.8	2:31.9	2:31.0	2:30.1
1600m	5:57	5:55	5:53	5:51	5:49	5:47	5:45	5:43	5:41	5:39	5:37	5:35	5:33
3200m	12:44	12:40	12:36	12:31	12:27	12:23	12:19	12:14	12:10	12:06	12:02	11:57	11:53
5k	20:40	20:33	20:26	20:19	20:13	20:06	19:59	19:52	19:45	19:38	19:31	19:24	19:17
10k	42:56	42:42	42:28	42:13	41:59	41:44	41:30	41:16	41:01	40:47	40:32	40:18	40:04
20k	1:30:32	1:30:02	1:29:32	1:29:01	1:28:31	1:28:01	1:27:30	1:27:00	1:26:30	1:25:59	1:25:29	1:24:59	1:24:28

WORKOUT PACE CHART:

(800m) 200	40.5	40	39.5	39.5	39.5	39	39	38.5	38.5	38	38	37.5	37.5
(800m) 300	60.5	60	59.5	59	59	58.5	58	58	57.5	57	57	56.5	56.5
(800m) 400	81	80	79.5	79	79	78.5	78	77.5	77	76.5	76	75.5	75
(1600m) 150	33.5	33	32.5	32.5	32.5	32.5	32	32	31.5	31.5	31.5	31	31
(1600m) 200	44.5	44	43.5	43.5	43.5	43	43	42.5	42.5	42	42	41.5	41.5
(1600m) 250	54	53.5	53	53	52.5	52.5	52	52	51.5	51	51	50.5	50
(1600m) 300	67	66.5	65.5	65.5	65	65	64.5	64	63.5	63	63	62.5	62
(1600m) 400	89	88.5	87.5	87	87	86.5	86	85.5	85	84.5	84	83.5	83
(3200m) 200	47.5	47.5	47	47	46.5	46	46	45.5	45.5	45	45	44.5	44.5
(3200m) 400	95.5	95	94.5	94	93	92.5	92	91.5	91	90.5	90	89.5	89
(5k) 400	98.5	98	97.5	97	96.5	96	95.5	95	94.5	94	93.5	93	92.5
(10k) 400	1:45	1:44	1:43	1:42.5	1:42	1:41.5	1:41	1:40.5	1:40	99	98.5	98	97.5
(20k) 400	1:49.5	1:49	1:48.5	1:48	1:47	1:46.5	1:46	1:45.5	1:44.5	1:44	1:43.5	1:43	1:42.5
LSD 1600	8:22-8:42	8:19-8:39	8:17-8:37	8:34-8:34	8:12-8:32	8:09-8:29	8:06-8:26	8:04-8:24	8:01-8:21	7:59-8:19	7:56-8:16	7:54-8:14	7:51-8:11

RACE PERFORMANCE EQUIVALENCY CHART:

400m	82.4	81.6	80.7	79.9	79.1	78.3	77.4	76.6	75.8	75.0	74.2	73.3	72.5
800m	3:03.9	3:02.1	3:00.3	2:55.5	2:56.7	2:54.8	2:53.0	2:51.2	2:49.4	2:47.6	2:45.8	2:44.0	2:42.2
1600m	6:49	6:45	6:41	6:37	6:33	6:29	6:25	6:21	6:17	6:13	6:09	6:05	6:01
3200m	14:35	14:27	14:18	14:10	14:01	13:53	13:44	13:36	13:27	13:18	13:10	13:01	12:53
5k	23:40	23:27	23:13	22:59	22:45	22:31	22:17	22:03	21:50	21:36	21:22	21:08	20:54
10k	49:11	48:42	48:13	47:44	47:15	46:47	46:18	45:49	45:20	44:51	44:23	43:54	43:25
20k	1:43:41	1:42:41	1:41:40	1:40:39	1:39:39	1:38:38	1:37:37	1:36:37	1:35:36	1:34:35	1:33:34	1:32:34	1:31:33

WORKOUT PACE CHART:

(800m) 200	46	45.5	45	44.5	44	44	43.5	43	42.5	42	41.5	41	40.5
(800m) 300	69	68.5	67.5	67	66.5	65.5	65	64.5	63.5	63	62	61.5	61
(800m) 400	92	91	90	89.5	89	88	87	86	85	84	83	82	81.5
(1600m) 150	38	38	37.5	37	36.5	36	36	35.5	35	34.5	34	34	33.5
(1600m) 200	51	50.5	50	49.5	49	48.5	48	47.5	47	46.5	46	45.5	45
(1600m) 250	61.5	61	60.5	60	59.5	59	58	57.5	57	56	55.5	55	54.5
(1600m) 300	76.5	75.5	74.5	74	73.5	72.5	72	71	70.5	69.5	69	68	67
(1600m) 400	1:42	1:41	1:40	99	98	97	96	95	94	93	92	91	90
(3200m) 200	54.5	54	53.5	53	52.5	52	51.5	51	50.5	50	49.5	49	48.5
(3200m) 400	1:49	1:48	1:47	1:46	1:45	1:44	1:43	1:42	1:41	1:40	99	98	97
(5k) 400	1:54	1:53	1:52	1:51	1:49	1:48	1:47	1:46	1:45	1:44	1:43	1:42	1:41
(10k) 400	1:58	1:57	1:56	1:56	1:55	1:54	1:53	1:51	1:50	1:49	1:48	1:47	1:46
(20k) 400	2:05	2:04	2:02.5	2:01.5	2:00.5	1:59.5	1:58	1:56.5	1:55	1:54	1:53	1:51.5	1:50.5
LSD 1600	8:55-9:15	8:53-9:13	8:50-9:10	8:48-9:08	8:45-9:05	8:43-9:03	8:40-9:00	8:37-8:57	8:35-8:55	8:32-8:52	8:30-8:50	8:27-8:47	8:22-8:44