

EQUIVALENCY CHART: Performance equivalences based on 400m race time.

400m	62	61	60	59	58	57	56	55	54	53	52	51	50
600m	66	65	64	63	62	61	60	59	58	57	56	55	54
800m	71	70	69	68	67	66	65	64	63	62	61	60	59
1600m	81	80	79	78	77	76	75	74	73	72	71	70	69
3200m	92	91	90	89	88	87	86	85	84	83	82	81	80

WORKOUT PACE CHART:

180 (600m)	30	29.5	29	28.5	28	27.5	27	26.5	26	26	25.5	25	24.5
200 (600m)	33.5	33	32.5	32	31.5	31	30.5	30	29.5	29	28.5	28	27
150 (800m)	27	26.5	26	26	25.5	25	24.5	24	24	23.5	23	23	22.5
180 (800m)	32	31.5	31	31	30.5	30	29.5	29	28.5	28	27.5	27	26.5
200 (800m)	36	35.5	35	34.5	34	33.5	33	32.5	32	31.5	31	30.5	30
100 (1600m)	20.5	20	20	19.5	19.5	19	19	18.5	18.5	18	18	17.5	17.5
200 (1600m)	41	40.5	40	39.5	39	38.5	38	37.5	37	36.5	36	35.5	35
300 (1600m)	61.5	60.5	60	59	58.5	57.5	57	56	55.5	54.5	54	53	53.5
300 (3200m)	69.5	69	68	67.5	66.5	66	65	65.5	64	63	62	61.5	60.5
400 (3200m)	93	92	91	90	89	88	87	86	86	84	83	82	81
500 (3200m)	1:56.5	1:55	1:54	1:52.5	1:51.5	1:50	1:48.5	1:47.5	1:46.5	1:45	1:44	1:42.5	1:41
600 (3200m)	2:20	2:18.5	2:17	2:15.5	2:14	2:12.5	2:11	2:09	2:08	2:06.5	2:05	2:03.5	2:02

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400m	78	76	74	72	70	69	68	67	66	65	64	63
600m	82	80	78	76	74	73	72	71	70	69	68	67
800m	87	85	83	81	79	78	77	76	75	74	73	72
1600m	94	92	89	88	87	86	86	85	84	83	82	82
3200m	1:41	1:40	1:40	99	98	97	96	96	95	94	94	93

WORKOUT PACE CHART:

180 (600m)	36.5	35.5	35	34	33	32.5	32	31.5	31.5	31	31	30.5
200 (600m)	41	40	39	38	37	36.5	36	35.5	35	34.5	34	34
150 (800m)	32.5	32	31	30.5	29.5	29	29	28.5	28	27.5	27.5	27
180 (800m)	39	38	37	36	35	34.5	34.5	34	33.5	33	32.5	32
200 (800m)	43.5	42.5	41.5	40.5	37.5	39	38.5	38	37.5	37	36.5	36
100 (1600m)	23	23	22	22	21.5	21.5	21.5	21	21	20.5	20.5	20.5
200 (1600m)	46.5	46	44	44	43.5	43	43	42.5	42	41.5	41	41
300 (1600m)	69.5	69	66	66	65	65.5	65.5	64.5	63	62	61.5	61.5
300 (3200m)	75.5	75	75	74	73	72.5	72	72	71	70	70	69.5
400 (3200m)	1:41	1:40	1:40	99	98	97	96	96	95	94	94	93
500 (3200m)	2:06	2:05	2:05	2:04	2:02.5	2:01.5	2:00	2:00	1:58	1:57	1:57	1:56.5
600 (3200m)	2:31.5	2:30.5	2:30.5	2:29	2:27.5	2:26	2:24	2:24	2:22	2:21	2:21	2:20