

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	4:15.0
3200	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:

200 (800m)	31.5	31	31	31	30.5	30.5	30	30	29.5	29.5	29.5	29	28.5
300 (800m)	47	46.5	46	46	45.5	45.5	45	45	44.5	44.5	44	43.5	43
400 (800m)	63	62.5	62	62	61.5	61	60.5	60	59.5	59	58.5	58	57.5
150 (1600m)	26	26	26	25.5	25.5	25	25	25	25	24.5	24.5	24	24
200 (1600m)	35	34.5	34.5	34	34	33.5	33.5	33	33	32.5	32.5	32	32
250 (1600m)	42	41.5	41.5	41	41	40.5	40.5	40	40	39.5	39.5	39	39
300 (1600m)	52.5	52	52	51.5	51	50.5	50	49.5	49.5	49	48.5	48	48
400 (1600m)	70	69.5	69	68.5	68	67.5	67	66.5	66	65.5	65	64.5	64
200 (3200m)	37	37	36.5	36.5	36	36	35.5	35.5	35	35	34.5	34.5	34
400 (3200m)	74.5	74	73.5	73	72.5	72	71.5	71	70.5	70	69.5	69	68.5
700 (3200m)	2:10	2:09	2:08	2:07	2:06.5	2:05.5	2:05	2:04	2:03	2:01	2:01	2:00.5	1:59.5
400 (5k)	77	76.5	76	75.5	75	74.5	74	73.5	73	72.5	71.5	71	70.5
1000 (5k)	3:14	3:13	3:12	3:10	3:08	3:07	3:05	3:04	3:03	3:01	3:00	2:58	2:57
400 (10k)	81	80.5	80	79.5	79	78.5	78	77.5	77	76.5	76	75.5	75
400 (20k)	86.5	86	85	84.5	84	83	82.5	82	81.5	81	80	79.5	79
1600 (20k)	5:47	5:44	5:41	5:38	5:36	5:33	5:31	5:29	5:26	5:24	5:21	5:19	5:17
1600 LSD	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

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
3200	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:

200 (800m)	34.5	34	34	33.5	33.5	33	33	32.5	32.5	32.5	32	32	31.5
300 (800m)	51.5	51	51	50.5	50.5	50	49.5	49	48.5	48.5	48	48	47.5
400 (800m)	68.5	68	68	67.5	67	66.5	66	65.5	65	65.5	65	64	63.5
150 (1600m)	28	28	28	27.5	27.5	27.5	27	27	27	26.5	26.5	26	26
200 (1600m)	38	37.5	37.5	37	37	36.5	36.5	36	36	35.5	35.5	35	35
250 (1600m)	46	45.5	45.5	45	45	44.5	44	44	43.5	43	43	42.5	42.5
300 (1600m)	56.5	56	56	55.5	55	54.5	54.5	54	53.5	53	53	52.5	52
400 (1600m)	75.5	75	74.5	74	73.5	73	72.5	72	71.5	71	70.5	70	69.5
200 (3200m)	40.5	40.5	40	40	39.5	39.5	39	39	38.5	38.5	38	37.5	27.5
400 (3200m)	81.5	81	80.5	80	79.5	79	78.5	78	77	76.5	76	75.5	75
700 (3200m)	2:22	2:21.5	2:20.5	2:20	2:19	2:18	2:17	2:16	2:15	2:14	2:13	2:12	2:11
400 (5k)	84.5	84	83.5	83	82.5	82	81.5	81	80	79.5	79	78.5	78
1000 (5k)	3:32	3:30	3:28	3:27	3:26	3:25	3:24	3:22	3:21	3:20	3:19	3:17	3:16
400 (10k)	88.5	88	87.5	87	86.5	86	85	84.5	84	83.5	83	82.5	82
400 (20k)	94	93	92.5	92	91.5	91	90.5	89.5	89	88.5	88	87.5	87
1600 (20k)	6:16	6:13	6:11	6:09	6:07	6:05	6:02	5:59	5:57	5:55	5:53	5:51	5:49
1600 LSD	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

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
3200	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:

200 (800m)	37.5	37	37	36.5	36.5	36	36	35.5	35.5	35	35	34.5	34.5
300 (800m)	56	55.5	55	54.5	54.5	54	54	53.5	53	52.5	52.5	52	51.5
400 (800m)	74.5	74	73.5	73	72.5	72	72	71.5	71	70.5	70	69.5	69
150 (1600m)	31	30.5	30.5	30.5	30	30	29.5	29.5	29	29	29	28.5	28.5
200 (1600m)	41.5	41	40.5	40.5	40	40	39.5	39.5	39	39	38.5	38.5	38
250 (1600m)	50	49.5	49	49	48.5	48.5	48	48	47.5	47.5	47	46.5	46.5
300 (1600m)	62	61.5	61	60.5	60	60	59.5	59	58.5	58	57.5	57.5	57.5
400 (1600m)	82.5	82	81.5	81	80.5	80	79.5	79	78.5	78	77.5	77	76.5
200 (3200m)	44.5	44	43.5	43	43	42.5	42.5	42	42	41.5	41.5	41	41
400 (3200m)	88.5	88	87	86.5	86	85.5	85	84.5	84	83.5	83	82.5	82
700 (3200m)	2:34.5	2:34	2:32	2:31	2:30	2:29	2:28	2:27.5	2:26.5	2:26	2:25	2:24	2:23
400 (5k)	92	91	90.5	90	89.5	89	88.5	88	87.5	87	86	85.5	85
1000 (5k)	3:50	3:48	3:47	3:46	3:44	3:43	3:42	3:40	3:39	3:38	3:37	3:35	3:33
400 (10k)	97	96	95.5	95	94	93.5	93	92.5	92	91	90.5	90	89.5
400 (20k)	1:42	1:41.5	1:41	1:40	99.5	99	98	97.5	97	96.5	95.5	95	94.5
1600 (20k)	6:47	6:45	6:43	6:40	6:38	6:35	6:33	6:30	6:28	6:26	6:23	6:20	6:18
1600 LSD	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

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
3200	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:

200 (800m)	40.5	40	39.5	39.5	39.5	39	39	38.5	38.5	38	38	37.5	37.5
300 (800m)	60.5	60	59.5	59	59	58.5	58	58	57.5	57	57	56.5	56.5
400 (800m)	81	80	79.5	79	79	78.5	78	77.5	77	76.5	76	75.5	75
150 (1600m)	33.5	33	32.5	32.5	32.5	32.5	32	32	31.5	31.5	31.5	31	31
200 (1600m)	44.5	44	43.5	43.5	43.5	43	43	42.5	42.5	42	42	41.5	41.5
250 (1600m)	54	53.5	53	53	52.5	52.5	52	52	51.5	51	51	50.5	50
300 (1600m)	67	66.5	65.5	65.5	65	65	64.5	64	63.5	63	63	62.5	62
400 (1600m)	89	88.5	87.5	87	87	86.5	86	85.5	85	84.5	84	83.5	83
200 (3200m)	47.5	47.5	47	47	46.5	46	46	45.5	45.5	45	45	44.5	44.5
400 (3200m)	95.5	95	94.5	94	93	92.5	92	91.5	91	90.5	90	89.5	89
700 (3200m)	2:46.5	2:45	2:44	2:43	2:42	2:41	2:40	2:39.5	2:39	2:38	2:37	2:36	2:35
400 (5k)	98.5	98	97.5	97	96.5	96	95.5	95	94.5	94	93.5	93	92.5
1000 (5k)	4:07	4:06	4:04	4:03	4:02	4:01	4:00	3:59	3:57	3:55	3:54	3:53	3:51
400 (10k)	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
400 (20k)	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
1600 (20k)	7:18	7:17	7:15	7:12	7:09	7:07	7:04	7:02	6:59	6:57	6:55	6:53	6:50
1600 LSD	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

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
3200	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:

200 (800m)	46	45.5	45	44.5	44	44	43.5	43	42.5	42	41.5	41	40.5
300 (800m)	69	68.5	67.5	67	66.5	65.5	65	64.5	63.5	63	62	61.5	61
400 (800m)	92	91	90	89.5	89	88	87	86	85	84	83	82	81.5
150 (1600m)	38	38	37.5	37	36.5	36	36	35.5	35	34.5	34	34	33.5
200 (1600m)	51	50.5	50	49.5	49	48.5	48	47.5	47	46.5	46	45.5	45
250 (1600m)	61.5	61	60.5	60	59.5	59	58	57.5	57	56	55.5	55	54.5
300 (1600m)	76.5	75.5	74.5	74	73.5	72.5	72	71	70.5	69.5	69	68	67
400 (1600m)	1:42	1:41	1:40	99	98	97	96	95	94	93	92	91	90
200 (3200m)	54.5	54	53.5	53	52.5	52	51.5	51	50.5	50	49.5	49	48.5
400 (3200m)	1:49	1:48	1:47	1:46	1:45	1:44	1:43	1:42	1:41	1:40	99	98	97
700 (3200m)	3:10	3:08	3:06	3:04	3:03	3:01	2:59	2:57	2:55	2:54	2:52	2:51	2:49
400 (5k)	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
1000 (5k)	4:42	4:40	4:38	4:36	4:33	4:30	4:28	4:24	4:22	4:20	4:17	4:14	4:11
400 (10k)	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
400 (20k)	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
1600 (20k)	8:20	8:16	8:10	8:06	8:02	7:57	7:52	7:46	7:41	7:36	7:32	7:26	7:21
1600 LSD	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