

Point Level	1		2		3		4		5		6		7	
<u>Race Distance</u>														
1 Mile	0:07:24		0:07:19		0:07:14		0:07:10		0:07:05		0:07:00		0:06:55	
3k	0:14:34		0:14:25		0:14:16		0:14:07		0:13:58		0:13:49		0:13:40	
2 Mile	0:15:42		0:15:32		0:15:22		0:15:13		0:15:03		0:14:53		0:14:44	
5k	0:25:00		0:24:45		0:24:30		0:24:15		0:24:00		0:23:45		0:23:30	
4 Mile	0:32:40		0:32:21		0:32:01		0:31:42		0:31:22		0:31:02		0:30:43	
8k	0:40:59		0:40:34		0:40:09		0:39:45		0:39:20		0:38:56		0:38:31	
5 Mile	0:41:16		0:40:51		0:40:26		0:40:01		0:39:37		0:39:12		0:38:47	
10k	0:51:53		0:51:22		0:50:50		0:50:19		0:49:48		0:49:16		0:48:45	
12k	1:03:16		1:02:38		1:02:00		1:01:21		1:00:43		1:00:05		0:59:26	
15k	1:19:56		1:19:07		1:18:19		1:17:30		1:16:42		1:15:53		1:15:05	
10 Miles	1:26:15		1:25:22		1:24:30		1:23:38		1:22:45		1:21:53		1:21:01	
20k	1:49:04		1:47:58		1:46:52		1:45:46		1:44:41		1:43:34		1:42:28	
1/2 Mar	1:55:19		1:54:09		1:52:59		1:51:50		1:50:40		1:49:30		1:48:20	
25k	2:18:11		2:16:49		2:15:26		2:14:04		2:12:42		2:11:19		2:09:57	
30k	2:47:18		2:45:39		2:44:01		2:42:22		2:40:43		2:39:04		2:37:25	
Marathon	3:57:55		3:55:36		3:53:17		3:50:58		3:48:39		3:46:20		3:44:01	
<u>Training Paces Per Mile</u>														
Recovery														
full range	0:10:57	0:11:48	0:10:51	0:11:41	0:10:45	0:11:35	0:10:39	0:11:28	0:10:33	0:11:22	0:10:26	0:11:15	0:10:20	0:11:08
Easy														
full range	0:10:09	0:10:57	0:10:03	0:10:51	0:09:58	0:10:45	0:09:53	0:10:39	0:09:47	0:10:33	0:09:41	0:10:26	0:09:35	0:10:20
Steady														
full range	0:09:24	0:10:09	0:09:19	0:10:03	0:09:14	0:09:58	0:09:09	0:09:53	0:09:04	0:09:47	0:08:58	0:09:41	0:08:53	0:09:35
core range	0:09:35	0:09:57	0:09:29	0:09:52	0:09:24	0:09:46	0:09:19	0:09:41	0:09:14	0:09:35	0:09:08	0:09:29	0:09:02	0:09:24
Aerobic Threshold														
full range	0:08:46	0:09:24	0:08:41	0:09:19	0:08:36	0:09:14	0:08:31	0:09:09	0:08:26	0:09:04	0:08:21	0:08:58	0:08:16	0:08:53
core range	0:08:55	0:09:08	0:08:50	0:09:02	0:08:45	0:08:58	0:08:40	0:08:53	0:08:35	0:08:47	0:08:30	0:08:42	0:08:25	0:08:37
Lactate Threshold														
full range	0:08:17	0:08:46	0:08:12	0:08:41	0:08:08	0:08:36	0:08:04	0:08:31	0:07:59	0:08:26	0:07:54	0:08:21	0:07:49	0:08:16
core range	0:08:25	0:08:37	0:08:21	0:08:32	0:08:16	0:08:27	0:08:12	0:08:23	0:08:07	0:08:18	0:08:02	0:08:13	0:07:57	0:08:08
Groove Intervals														
full range	0:07:52	0:08:17	0:07:47	0:08:12	0:07:43	0:08:08	0:07:39	0:08:04	0:07:34	0:07:59	0:07:30	0:07:54	0:07:25	0:07:49
core range	0:07:59	0:08:09	0:07:54	0:08:05	0:07:50	0:08:00	0:07:46	0:07:56	0:07:41	0:07:51	0:07:37	0:07:46	0:07:32	0:07:42
VO2 Max Intervals														
full range	0:07:33	0:07:52	0:07:29	0:07:47	0:07:25	0:07:43	0:07:21	0:07:39	0:07:16	0:07:34	0:07:12	0:07:30	0:07:08	0:07:25
core range	0:07:40	0:07:45	0:07:35	0:07:40	0:07:32	0:07:36	0:07:27	0:07:32	0:07:23	0:07:27	0:07:18	0:07:23	0:07:14	0:07:18
Fast Intervals														
full range	0:06:58	0:07:33	0:06:54	0:07:29	0:06:50	0:07:25	0:06:47	0:07:21	0:06:43	0:07:16	0:06:39	0:07:12	0:06:35	0:07:08
core range	0:07:06	0:07:22	0:07:02	0:07:18	0:06:58	0:07:14	0:06:54	0:07:10	0:06:50	0:07:06	0:06:46	0:07:02	0:06:42	0:06:57
Sprint Intervals														
full range	0:06:23	0:06:58	0:06:20	0:06:54	0:06:16	0:06:50	0:06:13	0:06:47	0:06:09	0:06:43	0:06:05	0:06:39	0:06:02	0:06:35
core range	0:06:30	0:06:51	0:06:26	0:06:47	0:06:23	0:06:43	0:06:19	0:06:40	0:06:15	0:06:36	0:06:12	0:06:32	0:06:08	0:06:27

Point Level	8		9		10		11		12		13		14	
<u>Race Distance</u>														
1 Mile	0:06:51		0:06:46		0:06:41		0:06:37		0:06:32		0:06:28		0:06:23	
3k	0:13:31		0:13:22		0:13:13		0:13:04		0:12:56		0:12:47		0:12:38	
2 Mile	0:14:34		0:14:25		0:14:15		0:14:06		0:13:56		0:13:47		0:13:37	
5k	0:23:15		0:23:00		0:22:45		0:22:30		0:22:15		0:22:00		0:21:45	
4 Mile	0:30:23		0:30:03		0:29:44		0:29:24		0:29:05		0:28:45		0:28:25	
8k	0:38:06		0:37:42		0:37:17		0:36:52		0:36:28		0:36:03		0:35:39	
5 Mile	0:38:22		0:37:57		0:37:33		0:37:08		0:36:43		0:36:18		0:35:54	
10k	0:48:13		0:47:42		0:47:11		0:46:39		0:46:08		0:45:37		0:45:06	
12k	0:58:48		0:58:10		0:57:31		0:56:53		0:56:15		0:55:36		0:54:58	
15k	1:14:16		1:13:28		1:12:39		1:11:51		1:11:02		1:10:14		1:09:25	
10 Miles	1:20:08		1:19:16		1:18:24		1:17:31		1:16:39		1:15:47		1:14:54	
20k	1:41:22		1:40:16		1:39:10		1:38:04		1:36:58		1:35:52		1:34:45	
1/2 Mar	1:47:10		1:46:00		1:44:51		1:43:41		1:42:31		1:41:21		1:40:11	
25k	2:08:34		2:07:11		2:05:49		2:04:26		2:03:03		2:01:40		2:00:17	
30k	2:35:46		2:34:07		2:32:27		2:30:48		2:29:08		2:27:29		2:25:49	
Marathon	3:41:41		3:39:22		3:37:02		3:34:42		3:32:22		3:30:02		3:27:42	
<u>Training Paces Per Mile</u>														
Recovery														
full range	0:10:14	0:11:01	0:10:07	0:10:54	0:10:01	0:10:47	0:09:54	0:10:40	0:09:48	0:10:33	0:09:41	0:10:26	0:09:35	0:10:19
Easy														
full range	0:09:29	0:10:14	0:09:23	0:10:07	0:09:17	0:10:01	0:09:11	0:09:54	0:09:05	0:09:48	0:08:59	0:09:41	0:08:53	0:09:35
Steady														
full range	0:08:47	0:09:29	0:08:41	0:09:23	0:08:36	0:09:17	0:08:30	0:09:11	0:08:25	0:09:05	0:08:19	0:08:59	0:08:14	0:08:53
core range	0:08:57	0:09:18	0:08:51	0:09:12	0:08:46	0:09:06	0:08:40	0:09:00	0:08:34	0:08:54	0:08:29	0:08:49	0:08:23	0:08:43
Aerobic Threshold														
full range	0:08:11	0:08:47	0:08:06	0:08:41	0:08:01	0:08:36	0:07:55	0:08:30	0:07:50	0:08:25	0:07:45	0:08:19	0:07:40	0:08:14
core range	0:08:19	0:08:31	0:08:14	0:08:26	0:08:09	0:08:21	0:08:04	0:08:15	0:07:58	0:08:10	0:07:53	0:08:05	0:07:48	0:07:59
Lactate Threshold														
full range	0:07:44	0:08:11	0:07:39	0:08:06	0:07:35	0:08:01	0:07:30	0:07:55	0:07:25	0:07:50	0:07:20	0:07:45	0:07:15	0:07:40
core range	0:07:52	0:08:03	0:07:47	0:07:58	0:07:42	0:07:52	0:07:37	0:07:47	0:07:32	0:07:42	0:07:27	0:07:37	0:07:22	0:07:32
Groove Intervals														
full range	0:07:21	0:07:44	0:07:16	0:07:39	0:07:11	0:07:35	0:07:07	0:07:30	0:07:02	0:07:25	0:06:57	0:07:20	0:06:53	0:07:15
core range	0:07:27	0:07:37	0:07:23	0:07:32	0:07:18	0:07:27	0:07:13	0:07:23	0:07:09	0:07:18	0:07:04	0:07:13	0:06:59	0:07:08
VO2 Max Intervals														
full range	0:07:03	0:07:21	0:06:59	0:07:16	0:06:54	0:07:11	0:06:50	0:07:07	0:06:45	0:07:02	0:06:41	0:06:57	0:06:37	0:06:53
core range	0:07:09	0:07:14	0:07:05	0:07:09	0:07:01	0:07:05	0:06:56	0:07:00	0:06:52	0:06:56	0:06:47	0:06:51	0:06:43	0:06:47
Fast Intervals														
full range	0:06:30	0:07:03	0:06:26	0:06:59	0:06:22	0:06:54	0:06:18	0:06:50	0:06:14	0:06:45	0:06:10	0:06:41	0:06:06	0:06:37
core range	0:06:38	0:06:53	0:06:34	0:06:49	0:06:29	0:06:44	0:06:25	0:06:40	0:06:21	0:06:36	0:06:17	0:06:31	0:06:13	0:06:27
Sprint Intervals														
full range	0:05:58	0:06:30	0:05:54	0:06:26	0:05:50	0:06:22	0:05:47	0:06:18	0:05:43	0:06:14	0:05:39	0:06:10	0:05:35	0:06:06
core range	0:06:04	0:06:23	0:06:00	0:06:19	0:05:56	0:06:15	0:05:53	0:06:11	0:05:49	0:06:07	0:05:45	0:06:03	0:05:41	0:05:59

Point Level	15		16		17		18		19		20		21	
<u>Race Distance</u>														
1 Mile	0:06:18		0:06:14		0:06:09		0:06:04		0:06:00		0:05:55		0:05:51	
3k	0:12:29		0:12:20		0:12:11		0:12:02		0:11:53		0:11:44		0:11:35	
2 Mile	0:13:27		0:13:18		0:13:08		0:12:58		0:12:49		0:12:39		0:12:30	
5k	0:21:30		0:21:15		0:21:00		0:20:45		0:20:30		0:20:15		0:20:00	
4 Mile	0:28:06		0:27:46		0:27:27		0:27:07		0:26:47		0:26:28		0:26:08	
8k	0:35:14		0:34:49		0:34:25		0:34:00		0:33:36		0:33:11		0:32:46	
5 Mile	0:35:29		0:35:04		0:34:39		0:34:14		0:33:50		0:33:25		0:33:00	
10k	0:44:34		0:44:03		0:43:32		0:43:01		0:42:30		0:41:59		0:41:28	
12k	0:54:20		0:53:42		0:53:03		0:52:25		0:51:47		0:51:09		0:50:31	
15k	1:08:37		1:07:48		1:07:00		1:06:11		1:05:23		1:04:34		1:03:46	
10 Miles	1:14:02		1:13:10		1:12:17		1:11:25		1:10:32		1:09:40		1:08:48	
20k	1:33:39		1:32:33		1:31:27		1:30:21		1:29:15		1:28:09		1:27:03	
1/2 Mar	1:39:01		1:37:51		1:36:41		1:35:31		1:34:22		1:33:12		1:32:02	
25k	1:58:55		1:57:32		1:56:09		1:54:46		1:53:23		1:52:00		1:50:38	
30k	2:24:10		2:22:30		2:20:51		2:19:11		2:17:31		2:15:51		2:14:12	
Marathon	3:25:21		3:23:01		3:20:41		3:18:20		3:15:59		3:13:38		3:11:17	
<u>Training Paces Per Mile</u>														
Recovery														
full range	0:09:29	0:10:12	0:09:22	0:10:05	0:09:16	0:09:58	0:09:10	0:09:53	0:09:04	0:09:46	0:08:58	0:09:39	0:08:51	0:09:32
Easy														
full range	0:08:47	0:09:29	0:08:41	0:09:22	0:08:35	0:09:16	0:08:30	0:09:10	0:08:25	0:09:04	0:08:19	0:08:58	0:08:13	0:08:51
Steady														
full range	0:08:08	0:08:47	0:08:03	0:08:41	0:07:57	0:08:35	0:07:53	0:08:30	0:07:47	0:08:25	0:07:42	0:08:19	0:07:36	0:08:13
core range	0:08:18	0:08:37	0:08:12	0:08:31	0:08:06	0:08:25	0:08:02	0:08:20	0:07:56	0:08:15	0:07:51	0:08:09	0:07:45	0:08:03
Aerobic Threshold														
full range	0:07:35	0:08:08	0:07:30	0:08:03	0:07:25	0:07:57	0:07:20	0:07:53	0:07:15	0:07:47	0:07:10	0:07:42	0:07:05	0:07:36
core range	0:07:43	0:07:54	0:07:38	0:07:48	0:07:32	0:07:43	0:07:28	0:07:39	0:07:23	0:07:34	0:07:18	0:07:28	0:07:13	0:07:23
Lactate Threshold														
full range	0:07:10	0:07:35	0:07:05	0:07:30	0:07:01	0:07:25	0:06:56	0:07:20	0:06:52	0:07:15	0:06:47	0:07:10	0:06:42	0:07:05
core range	0:07:17	0:07:27	0:07:12	0:07:22	0:07:07	0:07:17	0:07:03	0:07:13	0:06:59	0:07:08	0:06:54	0:07:03	0:06:49	0:06:58
Groove Intervals														
full range	0:06:48	0:07:10	0:06:44	0:07:05	0:06:39	0:07:01	0:06:35	0:06:56	0:06:31	0:06:52	0:06:26	0:06:47	0:06:22	0:06:42
core range	0:06:55	0:07:03	0:06:50	0:06:59	0:06:45	0:06:54	0:06:41	0:06:50	0:06:37	0:06:45	0:06:32	0:06:41	0:06:27	0:06:36
VO2 Max Intervals														
full range	0:06:32	0:06:48	0:06:28	0:06:44	0:06:23	0:06:39	0:06:20	0:06:35	0:06:15	0:06:31	0:06:11	0:06:26	0:06:07	0:06:22
core range	0:06:38	0:06:42	0:06:34	0:06:37	0:06:29	0:06:33	0:06:25	0:06:29	0:06:21	0:06:25	0:06:16	0:06:20	0:06:12	0:06:16
Fast Intervals														
full range	0:06:02	0:06:32	0:05:58	0:06:28	0:05:54	0:06:23	0:05:50	0:06:20	0:05:46	0:06:15	0:05:42	0:06:11	0:05:38	0:06:07
core range	0:06:09	0:06:23	0:06:04	0:06:18	0:06:00	0:06:14	0:05:57	0:06:10	0:05:53	0:06:06	0:05:49	0:06:02	0:05:44	0:05:58
Sprint Intervals														
full range	0:05:32	0:06:02	0:05:28	0:05:58	0:05:24	0:05:54	0:05:21	0:05:50	0:05:17	0:05:46	0:05:14	0:05:42	0:05:10	0:05:38
core range	0:05:37	0:05:55	0:05:33	0:05:51	0:05:30	0:05:47	0:05:26	0:05:44	0:05:23	0:05:40	0:05:19	0:05:36	0:05:15	0:05:32

Point Level	22		23		24		25		26		27		28	
<u>Race Distance</u>														
1 Mile	0:05:46		0:05:42		0:05:37		0:05:33		0:05:28		0:05:24		0:05:19	
3k	0:11:26		0:11:17		0:11:08		0:10:59		0:10:50		0:10:41		0:10:33	
2 Mile	0:12:19		0:12:08		0:11:58		0:11:47		0:11:39		0:11:30		0:11:22	
5k	0:19:45		0:19:30		0:19:15		0:19:00		0:18:45		0:18:30		0:18:15	
4 Mile	0:25:49		0:25:29		0:25:10		0:24:50		0:24:31		0:24:11		0:23:52	
8k	0:32:22		0:31:58		0:31:33		0:31:09		0:30:45		0:30:20		0:29:56	
5 Mile	0:32:36		0:32:11		0:31:47		0:31:22		0:30:57		0:30:33		0:30:08	
10k	0:40:57		0:40:26		0:39:55		0:39:24		0:38:53		0:38:22		0:37:51	
12k	0:49:53		0:49:15		0:48:37		0:47:59		0:47:21		0:46:43		0:46:05	
15k	1:02:58		1:02:10		1:01:22		1:00:34		0:59:46		0:58:57		0:58:09	
10 Miles	1:07:56		1:07:04		1:06:12		1:05:21		1:04:29		1:03:36		1:02:44	
20k	1:25:57		1:24:51		1:23:45		1:22:39		1:21:33		1:20:27		1:19:21	
1/2 Mar	1:30:53		1:29:43		1:28:33		1:27:23		1:26:13		1:25:03		1:23:54	
25k	1:49:14		1:47:51		1:46:28		1:45:05		1:43:42		1:42:19		1:40:56	
30k	2:12:32		2:10:51		2:09:11		2:07:31		2:05:51		2:04:11		2:02:31	
Marathon	3:08:55		3:06:34		3:04:12		3:01:51		2:59:29		2:57:07		2:54:46	
<u>Training Paces Per Mile</u>														
Recovery														
full range	0:08:45	0:09:25	0:08:39	0:09:18	0:08:32	0:09:12	0:08:26	0:09:05	0:08:19	0:08:58	0:08:13	0:08:51	0:08:06	0:08:44
Easy														
full range	0:08:07	0:08:45	0:08:01	0:08:39	0:07:55	0:08:32	0:07:49	0:08:26	0:07:43	0:08:19	0:07:37	0:08:13	0:07:31	0:08:06
Steady														
full range	0:07:31	0:08:07	0:07:25	0:08:01	0:07:20	0:07:55	0:07:14	0:07:49	0:07:09	0:07:43	0:07:03	0:07:37	0:06:58	0:07:31
core range	0:07:39	0:07:57	0:07:34	0:07:51	0:07:28	0:07:46	0:07:22	0:07:40	0:07:17	0:07:34	0:07:11	0:07:28	0:07:06	0:07:22
Aerobic Threshold														
full range	0:07:00	0:07:31	0:06:55	0:07:25	0:06:50	0:07:20	0:06:45	0:07:14	0:06:39	0:07:09	0:06:34	0:07:03	0:06:29	0:06:58
core range	0:07:07	0:07:17	0:07:02	0:07:12	0:06:57	0:07:07	0:06:52	0:07:01	0:06:46	0:06:56	0:06:41	0:06:51	0:06:36	0:06:45
Lactate Threshold														
full range	0:06:37	0:07:00	0:06:32	0:06:55	0:06:28	0:06:50	0:06:23	0:06:45	0:06:18	0:06:39	0:06:13	0:06:34	0:06:08	0:06:29
core range	0:06:44	0:06:53	0:06:39	0:06:48	0:06:34	0:06:43	0:06:29	0:06:38	0:06:24	0:06:33	0:06:19	0:06:28	0:06:14	0:06:23
Groove Intervals														
full range	0:06:17	0:06:37	0:06:12	0:06:32	0:06:08	0:06:28	0:06:03	0:06:23	0:05:58	0:06:18	0:05:54	0:06:13	0:05:49	0:06:08
core range	0:06:23	0:06:31	0:06:18	0:06:26	0:06:13	0:06:21	0:06:09	0:06:17	0:06:04	0:06:12	0:05:59	0:06:07	0:05:55	0:06:02
VO2 Max Intervals														
full range	0:06:02	0:06:17	0:05:58	0:06:12	0:05:53	0:06:08	0:05:49	0:06:03	0:05:44	0:05:58	0:05:40	0:05:54	0:05:35	0:05:49
core range	0:06:07	0:06:11	0:06:03	0:06:07	0:05:58	0:06:02	0:05:54	0:05:58	0:05:50	0:05:53	0:05:45	0:05:48	0:05:40	0:05:44
Fast Intervals														
full range	0:05:34	0:06:02	0:05:30	0:05:58	0:05:26	0:05:53	0:05:22	0:05:49	0:05:18	0:05:44	0:05:14	0:05:40	0:05:10	0:05:35
core range	0:05:40	0:05:53	0:05:36	0:05:49	0:05:32	0:05:45	0:05:28	0:05:40	0:05:24	0:05:36	0:05:19	0:05:32	0:05:15	0:05:27
Sprint Intervals														
full range	0:05:06	0:05:34	0:05:02	0:05:30	0:04:59	0:05:26	0:04:55	0:05:22	0:04:51	0:05:18	0:04:48	0:05:14	0:04:44	0:05:10
core range	0:05:11	0:05:28	0:05:08	0:05:24	0:05:04	0:05:20	0:05:00	0:05:16	0:04:56	0:05:12	0:04:52	0:05:08	0:04:49	0:05:04

Point Level	29		30		31		32		33		34		35	
Race Distance														
1 Mile	0:05:15		0:05:10		0:05:05		0:05:01		0:04:56		0:04:52		0:04:47	
3k	0:10:24		0:10:15		0:10:06		0:09:57		0:09:48		0:09:39		0:09:30	
2 Mile	0:11:13		0:11:03		0:10:54		0:10:44		0:10:35		0:10:25		0:10:16	
5k	0:18:00		0:17:45		0:17:30		0:17:15		0:17:00		0:16:45		0:16:30	
4 Mile	0:23:32		0:23:13		0:22:53		0:22:34		0:22:14		0:21:55		0:21:35	
8k	0:29:32		0:29:07		0:28:43		0:28:19		0:27:54		0:27:30		0:27:05	
5 Mile	0:29:44		0:29:19		0:28:55		0:28:30		0:28:06		0:27:41		0:27:17	
10k	0:37:20		0:36:49		0:36:18		0:35:47		0:35:16		0:34:45		0:34:14	
12k	0:45:27		0:44:49		0:44:11		0:43:33		0:42:55		0:42:18		0:41:40	
15k	0:57:21		0:56:33		0:55:45		0:54:57		0:54:09		0:53:21		0:52:33	
10 Miles	1:01:52		1:01:01		1:00:09		0:59:17		0:58:25		0:57:34		0:56:42	
20k	1:18:15		1:17:10		1:16:04		1:14:58		1:13:53		1:12:47		1:11:42	
1/2 Mar	1:22:44		1:21:35		1:20:25		1:19:16		1:18:06		1:16:57		1:15:48	
25k	1:39:33		1:38:10		1:36:47		1:35:24		1:34:02		1:32:38		1:31:15	
30k	2:00:51		1:59:11		1:57:30		1:55:50		1:54:10		1:52:30		1:50:49	
Marathon	2:52:24		2:50:02		2:47:40		2:45:18		2:42:56		2:40:33		2:38:11	
Training Paces Per Mile														
Recovery														
full range	0:08:00	0:08:37	0:07:54	0:08:30	0:07:48	0:08:24	0:07:42	0:08:18	0:07:36	0:08:11	0:07:29	0:08:04	0:07:23	0:07:57
Easy														
full range	0:07:25	0:08:00	0:07:19	0:07:54	0:07:14	0:07:48	0:07:08	0:07:42	0:07:03	0:07:36	0:06:57	0:07:29	0:06:51	0:07:23
Steady														
full range	0:06:52	0:07:25	0:06:47	0:07:19	0:06:42	0:07:14	0:06:37	0:07:08	0:06:31	0:07:03	0:06:26	0:06:57	0:06:20	0:06:51
core range	0:07:00	0:07:16	0:06:54	0:07:11	0:06:49	0:07:05	0:06:44	0:07:00	0:06:39	0:06:54	0:06:33	0:06:48	0:06:28	0:06:43
Aerobic Threshold														
full range	0:06:24	0:06:52	0:06:19	0:06:47	0:06:14	0:06:42	0:06:10	0:06:37	0:06:05	0:06:31	0:05:59	0:06:26	0:05:54	0:06:20
core range	0:06:31	0:06:40	0:06:25	0:06:35	0:06:21	0:06:30	0:06:16	0:06:25	0:06:11	0:06:20	0:06:06	0:06:14	0:06:00	0:06:09
Lactate Threshold														
full range	0:06:03	0:06:24	0:05:58	0:06:19	0:05:54	0:06:14	0:05:50	0:06:10	0:05:45	0:06:05	0:05:40	0:05:59	0:05:35	0:05:54
core range	0:06:09	0:06:18	0:06:04	0:06:12	0:06:00	0:06:08	0:05:55	0:06:03	0:05:51	0:05:58	0:05:46	0:05:53	0:05:41	0:05:48
Groove Intervals														
full range	0:05:45	0:06:03	0:05:40	0:05:58	0:05:36	0:05:54	0:05:32	0:05:50	0:05:27	0:05:45	0:05:23	0:05:40	0:05:18	0:05:35
core range	0:05:50	0:05:57	0:05:45	0:05:53	0:05:41	0:05:48	0:05:37	0:05:44	0:05:32	0:05:39	0:05:28	0:05:35	0:05:23	0:05:30
VO2 Max Intervals														
full range	0:05:31	0:05:45	0:05:27	0:05:40	0:05:23	0:05:36	0:05:19	0:05:32	0:05:14	0:05:27	0:05:10	0:05:23	0:05:05	0:05:18
core range	0:05:36	0:05:39	0:05:31	0:05:35	0:05:27	0:05:31	0:05:24	0:05:27	0:05:19	0:05:22	0:05:15	0:05:18	0:05:10	0:05:13
Fast Intervals														
full range	0:05:05	0:05:31	0:05:01	0:05:27	0:04:58	0:05:23	0:04:54	0:05:19	0:04:50	0:05:14	0:04:46	0:05:10	0:04:42	0:05:05
core range	0:05:11	0:05:23	0:05:07	0:05:19	0:05:03	0:05:15	0:05:00	0:05:11	0:04:55	0:05:07	0:04:51	0:05:02	0:04:47	0:04:58
Sprint Intervals														
full range	0:04:40	0:05:05	0:04:36	0:05:01	0:04:33	0:04:58	0:04:30	0:04:54	0:04:26	0:04:50	0:04:22	0:04:46	0:04:18	0:04:42
core range	0:04:45	0:05:00	0:04:41	0:04:56	0:04:38	0:04:52	0:04:34	0:04:49	0:04:30	0:04:45	0:04:27	0:04:41	0:04:23	0:04:37

Point Level	36		37		38		39		40		41		42	
<u>Race Distance</u>														
1 Mile	0:04:43		0:04:39		0:04:34		0:04:30		0:04:25		0:04:21		0:04:16	
3k	0:09:22		0:09:13		0:09:04		0:08:55		0:08:46		0:08:37		0:08:28	
2 Mile	0:10:06		0:09:57		0:09:47		0:09:38		0:09:28		0:09:19		0:09:09	
5k	0:16:15		0:16:00		0:15:45		0:15:30		0:15:15		0:15:00		0:14:45	
4 Mile	0:21:16		0:20:56		0:20:37		0:20:17		0:19:58		0:19:38		0:19:19	
8k	0:26:41		0:26:17		0:25:52		0:25:28		0:25:04		0:24:39		0:24:15	
5 Mile	0:26:52		0:26:28		0:26:03		0:25:39		0:25:14		0:24:50		0:24:25	
10k	0:33:44		0:33:13		0:32:42		0:32:11		0:31:41		0:31:10		0:30:39	
12k	0:41:02		0:40:24		0:39:47		0:39:09		0:38:32		0:37:54		0:37:17	
15k	0:51:46		0:50:58		0:50:10		0:49:23		0:48:35		0:47:48		0:47:00	
10 Miles	0:55:51		0:54:59		0:54:08		0:53:16		0:52:25		0:51:34		0:50:43	
20k	1:10:36		1:09:30		1:08:25		1:07:19		1:06:14		1:05:09		1:04:03	
1/2 Mar	1:14:38		1:13:29		1:12:20		1:11:10		1:10:01		1:08:52		1:07:43	
25k	1:29:52		1:28:29		1:27:05		1:25:41		1:24:17		1:22:53		1:21:32	
30k	1:49:09		1:47:29		1:45:46		1:44:03		1:42:20		1:40:38		1:39:00	
Marathon	2:35:48		2:33:26		2:30:58		2:28:30		2:26:03		2:23:35		2:21:17	
<u>Training Paces Per Mile</u>														
Recovery														
full range	0:07:16	0:07:50	0:07:10	0:07:43	0:07:04	0:07:36	0:06:57	0:07:29	0:06:51	0:07:22	0:06:44	0:07:15	0:06:39	0:07:10
Easy														
full range	0:06:45	0:07:16	0:06:39	0:07:10	0:06:33	0:07:04	0:06:27	0:06:57	0:06:21	0:06:51	0:06:15	0:06:44	0:06:10	0:06:39
Steady														
full range	0:06:15	0:06:45	0:06:09	0:06:39	0:06:04	0:06:33	0:05:58	0:06:27	0:05:53	0:06:21	0:05:47	0:06:15	0:05:43	0:06:10
core range	0:06:22	0:06:37	0:06:16	0:06:31	0:06:11	0:06:25	0:06:05	0:06:19	0:05:59	0:06:13	0:05:54	0:06:08	0:05:49	0:06:03
Aerobic Threshold														
full range	0:05:49	0:06:15	0:05:44	0:06:09	0:05:39	0:06:04	0:05:34	0:05:58	0:05:29	0:05:53	0:05:23	0:05:47	0:05:19	0:05:43
core range	0:05:55	0:06:04	0:05:50	0:05:58	0:05:45	0:05:53	0:05:40	0:05:48	0:05:34	0:05:42	0:05:29	0:05:37	0:05:25	0:05:32
Lactate Threshold														
full range	0:05:30	0:05:49	0:05:25	0:05:44	0:05:21	0:05:39	0:05:16	0:05:34	0:05:11	0:05:29	0:05:06	0:05:23	0:05:02	0:05:19
core range	0:05:36	0:05:43	0:05:31	0:05:38	0:05:26	0:05:33	0:05:21	0:05:28	0:05:16	0:05:23	0:05:11	0:05:18	0:05:07	0:05:14
Groove Intervals														
full range	0:05:13	0:05:30	0:05:09	0:05:25	0:05:04	0:05:21	0:04:59	0:05:16	0:04:55	0:05:11	0:04:50	0:05:06	0:04:46	0:05:02
core range	0:05:18	0:05:25	0:05:14	0:05:20	0:05:09	0:05:15	0:05:04	0:05:11	0:04:59	0:05:06	0:04:55	0:05:01	0:04:51	0:04:57
VO2 Max Intervals														
full range	0:05:01	0:05:13	0:04:57	0:05:09	0:04:52	0:05:04	0:04:48	0:04:59	0:04:43	0:04:55	0:04:39	0:04:50	0:04:35	0:04:46
core range	0:05:06	0:05:09	0:05:01	0:05:04	0:04:57	0:04:59	0:04:52	0:04:55	0:04:48	0:04:50	0:04:43	0:04:46	0:04:39	0:04:42
Fast Intervals														
full range	0:04:38	0:05:01	0:04:34	0:04:57	0:04:30	0:04:52	0:04:25	0:04:48	0:04:21	0:04:43	0:04:17	0:04:39	0:04:14	0:04:35
core range	0:04:43	0:04:54	0:04:39	0:04:49	0:04:35	0:04:45	0:04:30	0:04:41	0:04:26	0:04:36	0:04:22	0:04:32	0:04:19	0:04:29
Sprint Intervals														
full range	0:04:15	0:04:38	0:04:11	0:04:34	0:04:07	0:04:30	0:04:03	0:04:25	0:04:00	0:04:21	0:03:56	0:04:17	0:03:53	0:04:14
core range	0:04:19	0:04:33	0:04:15	0:04:29	0:04:11	0:04:25	0:04:07	0:04:21	0:04:04	0:04:17	0:04:00	0:04:13	0:03:57	0:04:09

Point Level	43		44		45		46		47		48		49	
<u>Race Distance</u>														
1 Mile	0:04:12		0:04:07		0:04:03		0:03:59		0:03:54		0:03:50		0:03:46	
3k	0:08:19		0:08:11		0:08:02		0:07:53		0:07:44		0:07:36		0:07:27	
2 Mile	0:09:00		0:08:50		0:08:41		0:08:31		0:08:22		0:08:12		0:08:03	
5k	0:14:30		0:14:15		0:14:00		0:13:45		0:13:30		0:13:15		0:13:00	
4 Mile	0:19:00		0:18:40		0:18:21		0:18:01		0:17:42		0:17:22		0:17:03	
8k	0:23:51		0:23:27		0:23:03		0:22:39		0:22:14		0:21:50		0:21:25	
5 Mile	0:24:01		0:23:37		0:23:12		0:22:48		0:22:23		0:21:59		0:21:34	
10k	0:30:09		0:29:38		0:29:08		0:28:37		0:28:06		0:27:36		0:27:05	
12k	0:36:39		0:36:02		0:35:24		0:34:47		0:34:10		0:33:33		0:32:55	
15k	0:46:13		0:45:25		0:44:38		0:43:51		0:43:04		0:42:17		0:41:30	
10 Miles	0:49:51		0:49:00		0:48:09		0:47:18		0:46:27		0:45:37		0:44:46	
20k	1:02:58		1:01:53		1:00:48		0:59:43		0:58:38		0:57:34		0:56:29	
1/2 Mar	1:06:34		1:05:25		1:04:17		1:03:08		1:02:00		1:00:51		0:59:43	
25k	1:20:10		1:18:49		1:17:27		1:16:05		1:14:42		1:13:20		1:11:57	
30k	1:37:22		1:35:44		1:34:06		1:32:26		1:30:46		1:29:05		1:27:25	
Marathon	2:18:59		2:16:42		2:14:24		2:12:01		2:09:37		2:07:14		2:04:51	
<u>Training Paces Per Mile</u>														
Recovery														
full range	0:06:33	0:07:03	0:06:26	0:06:56	0:06:20	0:06:49	0:06:14	0:06:42	0:06:07	0:06:35	0:06:01	0:06:28	0:05:54	0:06:22
Easy														
full range	0:06:04	0:06:33	0:05:58	0:06:26	0:05:52	0:06:20	0:05:46	0:06:14	0:05:40	0:06:07	0:05:34	0:06:01	0:05:28	0:05:54
Steady														
full range	0:05:37	0:06:04	0:05:32	0:05:58	0:05:26	0:05:52	0:05:21	0:05:46	0:05:15	0:05:40	0:05:10	0:05:34	0:05:04	0:05:28
core range	0:05:44	0:05:57	0:05:38	0:05:51	0:05:32	0:05:45	0:05:27	0:05:40	0:05:21	0:05:34	0:05:16	0:05:28	0:05:10	0:05:22
Aerobic Threshold														
full range	0:05:14	0:05:37	0:05:09	0:05:32	0:05:04	0:05:26	0:04:59	0:05:21	0:04:54	0:05:15	0:04:49	0:05:10	0:04:43	0:05:04
core range	0:05:20	0:05:27	0:05:15	0:05:22	0:05:09	0:05:17	0:05:04	0:05:11	0:04:59	0:05:06	0:04:54	0:05:01	0:04:48	0:04:55
Lactate Threshold														
full range	0:04:57	0:05:14	0:04:52	0:05:09	0:04:48	0:05:04	0:04:43	0:04:59	0:04:38	0:04:54	0:04:33	0:04:49	0:04:28	0:04:43
core range	0:05:02	0:05:09	0:04:57	0:05:04	0:04:52	0:04:59	0:04:47	0:04:54	0:04:42	0:04:49	0:04:37	0:04:44	0:04:33	0:04:39
Groove Intervals														
full range	0:04:42	0:04:57	0:04:37	0:04:52	0:04:33	0:04:48	0:04:28	0:04:43	0:04:24	0:04:38	0:04:19	0:04:33	0:04:14	0:04:28
core range	0:04:46	0:04:53	0:04:42	0:04:48	0:04:37	0:04:43	0:04:32	0:04:38	0:04:28	0:04:33	0:04:23	0:04:29	0:04:18	0:04:24
VO2 Max Intervals														
full range	0:04:31	0:04:42	0:04:27	0:04:37	0:04:22	0:04:33	0:04:18	0:04:28	0:04:13	0:04:24	0:04:09	0:04:19	0:04:04	0:04:14
core range	0:04:35	0:04:38	0:04:30	0:04:33	0:04:26	0:04:29	0:04:21	0:04:24	0:04:17	0:04:20	0:04:12	0:04:15	0:04:08	0:04:11
Fast Intervals														
full range	0:04:10	0:04:31	0:04:06	0:04:27	0:04:02	0:04:22	0:03:58	0:04:18	0:03:54	0:04:13	0:03:50	0:04:09	0:03:45	0:04:04
core range	0:04:15	0:04:24	0:04:10	0:04:20	0:04:06	0:04:16	0:04:02	0:04:11	0:03:58	0:04:07	0:03:54	0:04:03	0:03:50	0:03:58
Sprint Intervals														
full range	0:03:49	0:04:10	0:03:45	0:04:06	0:03:42	0:04:02	0:03:38	0:03:58	0:03:34	0:03:54	0:03:30	0:03:50	0:03:27	0:03:45
core range	0:03:53	0:04:06	0:03:49	0:04:02	0:03:45	0:03:57	0:03:42	0:03:53	0:03:38	0:03:49	0:03:34	0:03:45	0:03:30	0:03:41

Point Level	50		51	
<u>Race Distance</u>				
1 Mile	0:03:42		0:03:39	
3k	0:07:18		0:07:09	
2 Mile	0:07:53		0:07:44	
5k	0:12:45		0:12:30	
4 Mile	0:16:44		0:16:24	
8k	0:21:02		0:20:38	
5 Mile	0:21:10		0:20:46	
10k	0:26:35		0:26:05	
12k	0:32:18		0:31:41	
15k	0:40:43		0:39:56	
10 Miles	0:43:55		0:43:04	
20k	0:55:24		0:54:20	
1/2 Mar	0:58:34		0:57:26	
25k	1:10:35		1:09:13	
30k	1:25:45		1:24:06	
Marathon	2:02:28		2:00:07	
<u>Training Paces Per Mile</u>				
Recovery				
full range	0:05:49	0:06:16	0:05:44	0:06:10
Easy				
full range	0:05:24	0:05:49	0:05:19	0:05:44
Steady				
full range	0:05:00	0:05:24	0:04:55	0:05:19
core range	0:05:05	0:05:17	0:05:01	0:05:12
Aerobic Threshold				
full range	0:04:39	0:05:00	0:04:35	0:04:55
core range	0:04:44	0:04:51	0:04:40	0:04:46
Lactate Threshold				
full range	0:04:24	0:04:39	0:04:20	0:04:35
core range	0:04:28	0:04:34	0:04:24	0:04:30
Groove Intervals				
full range	0:04:11	0:04:24	0:04:07	0:04:20
core range	0:04:14	0:04:20	0:04:11	0:04:16
VO2 Max Intervals				
full range	0:04:01	0:04:11	0:03:57	0:04:07
core range	0:04:04	0:04:07	0:04:01	0:04:03
Fast Intervals				
full range	0:03:42	0:04:01	0:03:39	0:03:57
core range	0:03:46	0:03:55	0:03:43	0:03:51
Sprint Intervals				
full range	0:03:24	0:03:42	0:03:20	0:03:39
core range	0:03:27	0:03:38	0:03:24	0:03:35

Point Level	1		2		3		4		5		6		7	
<u>Race Distance</u>														
1 Mile	0:07:24		0:07:19		0:07:14		0:07:10		0:07:05		0:07:00		0:06:55	
3k	0:14:34		0:14:25		0:14:16		0:14:07		0:13:58		0:13:49		0:13:40	
2 Mile	0:15:42		0:15:32		0:15:22		0:15:13		0:15:03		0:14:53		0:14:44	
5k	0:25:00		0:24:45		0:24:30		0:24:15		0:24:00		0:23:45		0:23:30	
4 Mile	0:32:40		0:32:21		0:32:01		0:31:42		0:31:22		0:31:02		0:30:43	
8k	0:40:59		0:40:34		0:40:09		0:39:45		0:39:20		0:38:56		0:38:31	
5 Mile	0:41:16		0:40:51		0:40:26		0:40:01		0:39:37		0:39:12		0:38:47	
10k	0:51:53		0:51:22		0:50:50		0:50:19		0:49:48		0:49:16		0:48:45	
12k	1:03:16		1:02:38		1:02:00		1:01:21		1:00:43		1:00:05		0:59:26	
15k	1:19:56		1:19:07		1:18:19		1:17:30		1:16:42		1:15:53		1:15:05	
10 Miles	1:26:15		1:25:22		1:24:30		1:23:38		1:22:45		1:21:53		1:21:01	
20k	1:49:04		1:47:58		1:46:52		1:45:46		1:44:41		1:43:34		1:42:28	
1/2 Mar	1:55:19		1:54:09		1:52:59		1:51:50		1:50:40		1:49:30		1:48:20	
25k	2:18:11		2:16:49		2:15:26		2:14:04		2:12:42		2:11:19		2:09:57	
30k	2:47:18		2:45:39		2:44:01		2:42:22		2:40:43		2:39:04		2:37:25	
Marathon	3:57:55		3:55:36		3:53:17		3:50:58		3:48:39		3:46:20		3:44:01	
<u>Training Paces Per Km</u>														
Recovery														
full range	0:06:48	0:07:20	0:06:44	0:07:15	0:06:41	0:07:12	0:06:37	0:07:08	0:06:33	0:07:03	0:06:29	0:06:59	0:06:25	0:06:55
Easy														
full range	0:06:19	0:06:48	0:06:15	0:06:44	0:06:12	0:06:41	0:06:08	0:06:37	0:06:05	0:06:33	0:06:01	0:06:29	0:05:57	0:06:25
Steady														
full range	0:05:51	0:06:19	0:05:47	0:06:15	0:05:44	0:06:12	0:05:41	0:06:08	0:05:38	0:06:05	0:05:34	0:06:01	0:05:31	0:05:57
core range	0:05:57	0:06:11	0:05:54	0:06:08	0:05:51	0:06:04	0:05:48	0:06:01	0:05:44	0:05:57	0:05:41	0:05:54	0:05:37	0:05:50
Aerobic Threshold														
full range	0:05:27	0:05:51	0:05:23	0:05:47	0:05:21	0:05:44	0:05:18	0:05:41	0:05:15	0:05:38	0:05:11	0:05:34	0:05:08	0:05:31
core range	0:05:32	0:05:40	0:05:29	0:05:37	0:05:26	0:05:34	0:05:23	0:05:31	0:05:20	0:05:28	0:05:17	0:05:24	0:05:14	0:05:21
Lactate Threshold														
full range	0:05:09	0:05:27	0:05:06	0:05:23	0:05:03	0:05:21	0:05:01	0:05:18	0:04:58	0:05:15	0:04:55	0:05:11	0:04:52	0:05:08
core range	0:05:14	0:05:21	0:05:11	0:05:18	0:05:08	0:05:15	0:05:06	0:05:12	0:05:02	0:05:09	0:04:59	0:05:06	0:04:56	0:05:03
Groove Intervals														
full range	0:04:53	0:05:09	0:04:50	0:05:06	0:04:48	0:05:03	0:04:45	0:05:01	0:04:42	0:04:58	0:04:39	0:04:55	0:04:37	0:04:52
core range	0:04:58	0:05:04	0:04:55	0:05:01	0:04:52	0:04:58	0:04:50	0:04:56	0:04:47	0:04:53	0:04:44	0:04:50	0:04:41	0:04:47
VO2 Max Intervals														
full range	0:04:42	0:04:53	0:04:39	0:04:50	0:04:36	0:04:48	0:04:34	0:04:45	0:04:31	0:04:42	0:04:28	0:04:39	0:04:26	0:04:37
core range	0:04:46	0:04:49	0:04:43	0:04:46	0:04:41	0:04:43	0:04:38	0:04:41	0:04:35	0:04:38	0:04:32	0:04:35	0:04:30	0:04:32
Fast Intervals														
full range	0:04:20	0:04:42	0:04:17	0:04:39	0:04:15	0:04:36	0:04:13	0:04:34	0:04:10	0:04:31	0:04:08	0:04:28	0:04:05	0:04:26
core range	0:04:25	0:04:35	0:04:22	0:04:32	0:04:20	0:04:30	0:04:17	0:04:27	0:04:15	0:04:25	0:04:12	0:04:22	0:04:10	0:04:19
Sprint Intervals														
full range	0:03:58	0:04:20	0:03:56	0:04:17	0:03:54	0:04:15	0:03:52	0:04:13	0:03:49	0:04:10	0:03:47	0:04:08	0:03:45	0:04:05
core range	0:04:02	0:04:15	0:04:00	0:04:13	0:03:58	0:04:10	0:03:56	0:04:08	0:03:53	0:04:06	0:03:51	0:04:03	0:03:49	0:04:01

Point Level	8		9		10		11		12		13		14	
<u>Race Distance</u>														
1 Mile	0:06:51		0:06:46		0:06:41		0:06:37		0:06:32		0:06:28		0:06:23	
3k	0:13:31		0:13:22		0:13:13		0:13:04		0:12:56		0:12:47		0:12:38	
2 Mile	0:14:34		0:14:25		0:14:15		0:14:06		0:13:56		0:13:47		0:13:37	
5k	0:23:15		0:23:00		0:22:45		0:22:30		0:22:15		0:22:00		0:21:45	
4 Mile	0:30:23		0:30:03		0:29:44		0:29:24		0:29:05		0:28:45		0:28:25	
8k	0:38:06		0:37:42		0:37:17		0:36:52		0:36:28		0:36:03		0:35:39	
5 Mile	0:38:22		0:37:57		0:37:33		0:37:08		0:36:43		0:36:18		0:35:54	
10k	0:48:13		0:47:42		0:47:11		0:46:39		0:46:08		0:45:37		0:45:06	
12k	0:58:48		0:58:10		0:57:31		0:56:53		0:56:15		0:55:36		0:54:58	
15k	1:14:16		1:13:28		1:12:39		1:11:51		1:11:02		1:10:14		1:09:25	
10 Miles	1:20:08		1:19:16		1:18:24		1:17:31		1:16:39		1:15:47		1:14:54	
20k	1:41:22		1:40:16		1:39:10		1:38:04		1:36:58		1:35:52		1:34:45	
1/2 Mar	1:47:10		1:46:00		1:44:51		1:43:41		1:42:31		1:41:21		1:40:11	
25k	2:08:34		2:07:11		2:05:49		2:04:26		2:03:03		2:01:40		2:00:17	
30k	2:35:46		2:34:07		2:32:27		2:30:48		2:29:08		2:27:29		2:25:49	
Marathon	3:41:41		3:39:22		3:37:02		3:34:42		3:32:22		3:30:02		3:27:42	
<u>Training Paces Per Km</u>														
Recovery														
full range	0:06:21	0:06:51	0:06:17	0:06:46	0:06:13	0:06:42	0:06:09	0:06:38	0:06:05	0:06:33	0:06:01	0:06:29	0:05:57	0:06:25
Easy														
full range	0:05:53	0:06:21	0:05:50	0:06:17	0:05:46	0:06:13	0:05:42	0:06:09	0:05:39	0:06:05	0:05:35	0:06:01	0:05:31	0:05:57
Steady														
full range	0:05:27	0:05:53	0:05:24	0:05:50	0:05:21	0:05:46	0:05:17	0:05:42	0:05:14	0:05:39	0:05:10	0:05:35	0:05:07	0:05:31
core range	0:05:34	0:05:47	0:05:30	0:05:43	0:05:27	0:05:39	0:05:23	0:05:36	0:05:20	0:05:32	0:05:16	0:05:28	0:05:13	0:05:25
Aerobic Threshold														
full range	0:05:05	0:05:27	0:05:02	0:05:24	0:04:59	0:05:21	0:04:55	0:05:17	0:04:52	0:05:14	0:04:49	0:05:10	0:04:46	0:05:07
core range	0:05:10	0:05:18	0:05:07	0:05:14	0:05:04	0:05:11	0:05:01	0:05:08	0:04:57	0:05:04	0:04:54	0:05:01	0:04:51	0:04:58
Lactate Threshold														
full range	0:04:49	0:05:05	0:04:45	0:05:02	0:04:42	0:04:59	0:04:39	0:04:55	0:04:36	0:04:52	0:04:33	0:04:49	0:04:30	0:04:46
core range	0:04:53	0:05:00	0:04:50	0:04:57	0:04:47	0:04:54	0:04:44	0:04:50	0:04:41	0:04:47	0:04:38	0:04:44	0:04:35	0:04:41
Groove Intervals														
full range	0:04:34	0:04:49	0:04:31	0:04:45	0:04:28	0:04:42	0:04:25	0:04:39	0:04:22	0:04:36	0:04:19	0:04:33	0:04:17	0:04:30
core range	0:04:38	0:04:44	0:04:35	0:04:41	0:04:32	0:04:38	0:04:29	0:04:35	0:04:26	0:04:32	0:04:23	0:04:29	0:04:21	0:04:26
VO2 Max Intervals														
full range	0:04:23	0:04:34	0:04:20	0:04:31	0:04:17	0:04:28	0:04:15	0:04:25	0:04:12	0:04:22	0:04:09	0:04:19	0:04:06	0:04:17
core range	0:04:27	0:04:30	0:04:24	0:04:27	0:04:21	0:04:24	0:04:18	0:04:21	0:04:16	0:04:18	0:04:13	0:04:15	0:04:10	0:04:13
Fast Intervals														
full range	0:04:03	0:04:23	0:04:00	0:04:20	0:03:58	0:04:17	0:03:55	0:04:15	0:03:52	0:04:12	0:03:50	0:04:09	0:03:47	0:04:06
core range	0:04:07	0:04:17	0:04:05	0:04:14	0:04:02	0:04:11	0:03:59	0:04:09	0:03:57	0:04:06	0:03:54	0:04:03	0:03:52	0:04:00
Sprint Intervals														
full range	0:03:42	0:04:03	0:03:40	0:04:00	0:03:38	0:03:58	0:03:35	0:03:55	0:03:33	0:03:52	0:03:31	0:03:50	0:03:28	0:03:47
core range	0:03:46	0:03:58	0:03:44	0:03:56	0:03:41	0:03:53	0:03:39	0:03:51	0:03:37	0:03:48	0:03:34	0:03:46	0:03:32	0:03:43

Point Level	15		16		17		18		19		20		21	
<u>Race Distance</u>														
1 Mile	0:06:18		0:06:14		0:06:09		0:06:04		0:06:00		0:05:55		0:05:51	
3k	0:12:29		0:12:20		0:12:11		0:12:02		0:11:53		0:11:44		0:11:35	
2 Mile	0:13:27		0:13:18		0:13:08		0:12:58		0:12:49		0:12:39		0:12:30	
5k	0:21:30		0:21:15		0:21:00		0:20:45		0:20:30		0:20:15		0:20:00	
4 Mile	0:28:06		0:27:46		0:27:27		0:27:07		0:26:47		0:26:28		0:26:08	
8k	0:35:14		0:34:49		0:34:25		0:34:00		0:33:36		0:33:11		0:32:46	
5 Mile	0:35:29		0:35:04		0:34:39		0:34:14		0:33:50		0:33:25		0:33:00	
10k	0:44:34		0:44:03		0:43:32		0:43:01		0:42:30		0:41:59		0:41:28	
12k	0:54:20		0:53:42		0:53:03		0:52:25		0:51:47		0:51:09		0:50:31	
15k	1:08:37		1:07:48		1:07:00		1:06:11		1:05:23		1:04:34		1:03:46	
10 Miles	1:14:02		1:13:10		1:12:17		1:11:25		1:10:32		1:09:40		1:08:48	
20k	1:33:39		1:32:33		1:31:27		1:30:21		1:29:15		1:28:09		1:27:03	
1/2 Mar	1:39:01		1:37:51		1:36:41		1:35:31		1:34:22		1:33:12		1:32:02	
25k	1:58:55		1:57:32		1:56:09		1:54:46		1:53:23		1:52:00		1:50:38	
30k	2:24:10		2:22:30		2:20:51		2:19:11		2:17:31		2:15:51		2:14:12	
Marathon	3:25:21		3:23:01		3:20:41		3:18:20		3:15:59		3:13:38		3:11:17	
<u>Training Paces Per Km</u>														
Recovery														
full range	0:05:53	0:06:20	0:05:49	0:06:16	0:05:45	0:06:12	0:05:42	0:06:08	0:05:38	0:06:04	0:05:34	0:06:00	0:05:30	0:05:56
Easy														
full range	0:05:28	0:05:53	0:05:24	0:05:49	0:05:20	0:05:45	0:05:17	0:05:42	0:05:14	0:05:38	0:05:10	0:05:34	0:05:06	0:05:30
Steady														
full range	0:05:03	0:05:28	0:05:00	0:05:24	0:04:57	0:05:20	0:04:54	0:05:17	0:04:50	0:05:14	0:04:47	0:05:10	0:04:44	0:05:06
core range	0:05:09	0:05:21	0:05:06	0:05:18	0:05:02	0:05:14	0:04:59	0:05:11	0:04:56	0:05:07	0:04:52	0:05:04	0:04:49	0:05:00
Aerobic Threshold														
full range	0:04:43	0:05:03	0:04:39	0:05:00	0:04:36	0:04:57	0:04:34	0:04:54	0:04:31	0:04:50	0:04:27	0:04:47	0:04:24	0:04:44
core range	0:04:48	0:04:54	0:04:44	0:04:51	0:04:41	0:04:48	0:04:38	0:04:45	0:04:35	0:04:42	0:04:32	0:04:39	0:04:29	0:04:35
Lactate Threshold														
full range	0:04:27	0:04:43	0:04:24	0:04:39	0:04:21	0:04:36	0:04:19	0:04:34	0:04:16	0:04:31	0:04:13	0:04:27	0:04:10	0:04:24
core range	0:04:32	0:04:38	0:04:29	0:04:35	0:04:26	0:04:32	0:04:23	0:04:29	0:04:20	0:04:26	0:04:17	0:04:23	0:04:14	0:04:20
Groove Intervals														
full range	0:04:14	0:04:27	0:04:11	0:04:24	0:04:08	0:04:21	0:04:06	0:04:19	0:04:03	0:04:16	0:04:00	0:04:13	0:03:57	0:04:10
core range	0:04:18	0:04:23	0:04:15	0:04:20	0:04:12	0:04:17	0:04:09	0:04:15	0:04:07	0:04:12	0:04:04	0:04:09	0:04:01	0:04:06
VO2 Max Intervals														
full range	0:04:04	0:04:14	0:04:01	0:04:11	0:03:58	0:04:08	0:03:56	0:04:06	0:03:53	0:04:03	0:03:50	0:04:00	0:03:48	0:03:57
core range	0:04:07	0:04:10	0:04:05	0:04:07	0:04:02	0:04:04	0:03:59	0:04:02	0:03:57	0:03:59	0:03:54	0:03:56	0:03:51	0:03:53
Fast Intervals														
full range	0:03:45	0:04:04	0:03:42	0:04:01	0:03:40	0:03:58	0:03:38	0:03:56	0:03:35	0:03:53	0:03:33	0:03:50	0:03:30	0:03:48
core range	0:03:49	0:03:58	0:03:46	0:03:55	0:03:44	0:03:52	0:03:42	0:03:50	0:03:39	0:03:48	0:03:37	0:03:45	0:03:34	0:03:42
Sprint Intervals														
full range	0:03:26	0:03:45	0:03:24	0:03:42	0:03:21	0:03:40	0:03:19	0:03:38	0:03:17	0:03:35	0:03:15	0:03:33	0:03:13	0:03:30
core range	0:03:30	0:03:41	0:03:27	0:03:38	0:03:25	0:03:36	0:03:23	0:03:34	0:03:21	0:03:31	0:03:18	0:03:29	0:03:16	0:03:26

Point Level	22		23		24		25		26		27		28	
<u>Race Distance</u>														
1 Mile	0:05:46		0:05:42		0:05:37		0:05:33		0:05:28		0:05:24		0:05:19	
3k	0:11:26		0:11:17		0:11:08		0:10:59		0:10:50		0:10:41		0:10:33	
2 Mile	0:12:19		0:12:08		0:11:58		0:11:47		0:11:39		0:11:30		0:11:22	
5k	0:19:45		0:19:30		0:19:15		0:19:00		0:18:45		0:18:30		0:18:15	
4 Mile	0:25:49		0:25:29		0:25:10		0:24:50		0:24:31		0:24:11		0:23:52	
8k	0:32:22		0:31:58		0:31:33		0:31:09		0:30:45		0:30:20		0:29:56	
5 Mile	0:32:36		0:32:11		0:31:47		0:31:22		0:30:57		0:30:33		0:30:08	
10k	0:40:57		0:40:26		0:39:55		0:39:24		0:38:53		0:38:22		0:37:51	
12k	0:49:53		0:49:15		0:48:37		0:47:59		0:47:21		0:46:43		0:46:05	
15k	1:02:58		1:02:10		1:01:22		1:00:34		0:59:46		0:58:57		0:58:09	
10 Miles	1:07:56		1:07:04		1:06:12		1:05:21		1:04:29		1:03:36		1:02:44	
20k	1:25:57		1:24:51		1:23:45		1:22:39		1:21:33		1:20:27		1:19:21	
1/2 Mar	1:30:53		1:29:43		1:28:33		1:27:23		1:26:13		1:25:03		1:23:54	
25k	1:49:14		1:47:51		1:46:28		1:45:05		1:43:42		1:42:19		1:40:56	
30k	2:12:32		2:10:51		2:09:11		2:07:31		2:05:51		2:04:11		2:02:31	
Marathon	3:08:55		3:06:34		3:04:12		3:01:51		2:59:29		2:57:07		2:54:46	
<u>Training Paces Per Km</u>														
Recovery														
full range	0:05:26	0:05:51	0:05:22	0:05:47	0:05:18	0:05:43	0:05:14	0:05:38	0:05:10	0:05:34	0:05:06	0:05:30	0:05:02	0:05:26
Easy														
full range	0:05:02	0:05:26	0:04:59	0:05:22	0:04:55	0:05:18	0:04:51	0:05:14	0:04:48	0:05:10	0:04:44	0:05:06	0:04:40	0:05:02
Steady														
full range	0:04:40	0:05:02	0:04:37	0:04:59	0:04:33	0:04:55	0:04:30	0:04:51	0:04:26	0:04:48	0:04:23	0:04:44	0:04:20	0:04:40
core range	0:04:45	0:04:57	0:04:42	0:04:53	0:04:38	0:04:49	0:04:35	0:04:46	0:04:31	0:04:42	0:04:28	0:04:38	0:04:24	0:04:35
Aerobic Threshold														
full range	0:04:21	0:04:40	0:04:18	0:04:37	0:04:15	0:04:33	0:04:11	0:04:30	0:04:08	0:04:26	0:04:05	0:04:23	0:04:02	0:04:20
core range	0:04:26	0:04:32	0:04:22	0:04:29	0:04:19	0:04:25	0:04:16	0:04:22	0:04:13	0:04:19	0:04:09	0:04:15	0:04:06	0:04:12
Lactate Threshold														
full range	0:04:07	0:04:21	0:04:04	0:04:18	0:04:01	0:04:15	0:03:58	0:04:11	0:03:55	0:04:08	0:03:52	0:04:05	0:03:49	0:04:02
core range	0:04:11	0:04:17	0:04:08	0:04:13	0:04:05	0:04:10	0:04:02	0:04:07	0:03:59	0:04:04	0:03:56	0:04:01	0:03:53	0:03:58
Groove Intervals														
full range	0:03:54	0:04:07	0:03:51	0:04:04	0:03:48	0:04:01	0:03:46	0:03:58	0:03:43	0:03:55	0:03:40	0:03:52	0:03:37	0:03:49
core range	0:03:58	0:04:03	0:03:55	0:04:00	0:03:52	0:03:57	0:03:49	0:03:54	0:03:46	0:03:51	0:03:43	0:03:48	0:03:40	0:03:45
VO2 Max Intervals														
full range	0:03:45	0:03:54	0:03:42	0:03:51	0:03:39	0:03:48	0:03:37	0:03:46	0:03:34	0:03:43	0:03:31	0:03:40	0:03:28	0:03:37
core range	0:03:48	0:03:51	0:03:46	0:03:48	0:03:43	0:03:45	0:03:40	0:03:42	0:03:37	0:03:39	0:03:34	0:03:37	0:03:32	0:03:34
Fast Intervals														
full range	0:03:28	0:03:45	0:03:25	0:03:42	0:03:23	0:03:39	0:03:20	0:03:37	0:03:17	0:03:34	0:03:15	0:03:31	0:03:12	0:03:28
core range	0:03:31	0:03:40	0:03:29	0:03:37	0:03:26	0:03:34	0:03:24	0:03:32	0:03:21	0:03:29	0:03:18	0:03:26	0:03:16	0:03:23
Sprint Intervals														
full range	0:03:10	0:03:28	0:03:08	0:03:25	0:03:06	0:03:23	0:03:03	0:03:20	0:03:01	0:03:17	0:02:59	0:03:15	0:02:56	0:03:12
core range	0:03:14	0:03:24	0:03:11	0:03:21	0:03:09	0:03:19	0:03:06	0:03:16	0:03:04	0:03:14	0:03:02	0:03:11	0:02:59	0:03:09

Point Level	29		30		31		32		33		34		35	
<u>Race Distance</u>														
1 Mile	0:05:15		0:05:10		0:05:05		0:05:01		0:04:56		0:04:52		0:04:47	
3k	0:10:24		0:10:15		0:10:06		0:09:57		0:09:48		0:09:39		0:09:30	
2 Mile	0:11:13		0:11:03		0:10:54		0:10:44		0:10:35		0:10:25		0:10:16	
5k	0:18:00		0:17:45		0:17:30		0:17:15		0:17:00		0:16:45		0:16:30	
4 Mile	0:23:32		0:23:13		0:22:53		0:22:34		0:22:14		0:21:55		0:21:35	
8k	0:29:32		0:29:07		0:28:43		0:28:19		0:27:54		0:27:30		0:27:05	
5 Mile	0:29:44		0:29:19		0:28:55		0:28:30		0:28:06		0:27:41		0:27:17	
10k	0:37:20		0:36:49		0:36:18		0:35:47		0:35:16		0:34:45		0:34:14	
12k	0:45:27		0:44:49		0:44:11		0:43:33		0:42:55		0:42:18		0:41:40	
15k	0:57:21		0:56:33		0:55:45		0:54:57		0:54:09		0:53:21		0:52:33	
10 Miles	1:01:52		1:01:01		1:00:09		0:59:17		0:58:25		0:57:34		0:56:42	
20k	1:18:15		1:17:10		1:16:04		1:14:58		1:13:53		1:12:47		1:11:42	
1/2 Mar	1:22:44		1:21:35		1:20:25		1:19:16		1:18:06		1:16:57		1:15:48	
25k	1:39:33		1:38:10		1:36:47		1:35:24		1:34:02		1:32:38		1:31:15	
30k	2:00:51		1:59:11		1:57:30		1:55:50		1:54:10		1:52:30		1:50:49	
Marathon	2:52:24		2:50:02		2:47:40		2:45:18		2:42:56		2:40:33		2:38:11	
<u>Training Paces Per Km</u>														
Recovery														
full range	0:04:58	0:05:21	0:04:54	0:05:17	0:04:51	0:05:13	0:04:47	0:05:09	0:04:43	0:05:05	0:04:39	0:05:01	0:04:35	0:04:56
Easy														
full range	0:04:37	0:04:58	0:04:33	0:04:54	0:04:30	0:04:51	0:04:26	0:04:47	0:04:23	0:04:43	0:04:19	0:04:39	0:04:15	0:04:35
Steady														
full range	0:04:16	0:04:37	0:04:13	0:04:33	0:04:10	0:04:30	0:04:07	0:04:26	0:04:03	0:04:23	0:04:00	0:04:19	0:03:56	0:04:15
core range	0:04:21	0:04:31	0:04:17	0:04:28	0:04:14	0:04:24	0:04:11	0:04:21	0:04:08	0:04:17	0:04:04	0:04:14	0:04:01	0:04:10
Aerobic Threshold														
full range	0:03:59	0:04:16	0:03:55	0:04:13	0:03:53	0:04:10	0:03:50	0:04:07	0:03:47	0:04:03	0:03:43	0:04:00	0:03:40	0:03:56
core range	0:04:03	0:04:09	0:04:00	0:04:05	0:03:57	0:04:02	0:03:54	0:03:59	0:03:50	0:03:56	0:03:47	0:03:53	0:03:44	0:03:49
Lactate Threshold														
full range	0:03:46	0:03:59	0:03:43	0:03:55	0:03:40	0:03:53	0:03:37	0:03:50	0:03:34	0:03:47	0:03:31	0:03:43	0:03:28	0:03:40
core range	0:03:49	0:03:55	0:03:46	0:03:51	0:03:44	0:03:49	0:03:41	0:03:46	0:03:38	0:03:43	0:03:35	0:03:40	0:03:32	0:03:36
Groove Intervals														
full range	0:03:34	0:03:46	0:03:31	0:03:43	0:03:29	0:03:40	0:03:26	0:03:37	0:03:23	0:03:34	0:03:20	0:03:31	0:03:18	0:03:28
core range	0:03:37	0:03:42	0:03:35	0:03:39	0:03:32	0:03:36	0:03:29	0:03:34	0:03:26	0:03:31	0:03:24	0:03:28	0:03:21	0:03:25
VO2 Max Intervals														
full range	0:03:26	0:03:34	0:03:23	0:03:31	0:03:20	0:03:29	0:03:18	0:03:26	0:03:15	0:03:23	0:03:13	0:03:20	0:03:10	0:03:18
core range	0:03:29	0:03:31	0:03:26	0:03:28	0:03:23	0:03:26	0:03:21	0:03:23	0:03:18	0:03:20	0:03:15	0:03:17	0:03:13	0:03:15
Fast Intervals														
full range	0:03:10	0:03:26	0:03:07	0:03:23	0:03:05	0:03:20	0:03:03	0:03:18	0:03:00	0:03:15	0:02:58	0:03:13	0:02:55	0:03:10
core range	0:03:13	0:03:21	0:03:11	0:03:18	0:03:08	0:03:16	0:03:06	0:03:13	0:03:04	0:03:11	0:03:01	0:03:08	0:02:58	0:03:05
Sprint Intervals														
full range	0:02:54	0:03:10	0:02:52	0:03:07	0:02:50	0:03:05	0:02:48	0:03:03	0:02:45	0:03:00	0:02:43	0:02:58	0:02:41	0:02:55
core range	0:02:57	0:03:06	0:02:55	0:03:04	0:02:52	0:03:02	0:02:50	0:02:59	0:02:48	0:02:57	0:02:46	0:02:54	0:02:43	0:02:52

Point Level	36		37		38		39		40		41		42	
<u>Race Distance</u>														
1 Mile	0:04:43		0:04:39		0:04:34		0:04:30		0:04:25		0:04:21		0:04:16	
3k	0:09:22		0:09:13		0:09:04		0:08:55		0:08:46		0:08:37		0:08:28	
2 Mile	0:10:06		0:09:57		0:09:47		0:09:38		0:09:28		0:09:19		0:09:09	
5k	0:16:15		0:16:00		0:15:45		0:15:30		0:15:15		0:15:00		0:14:45	
4 Mile	0:21:16		0:20:56		0:20:37		0:20:17		0:19:58		0:19:38		0:19:19	
8k	0:26:41		0:26:17		0:25:52		0:25:28		0:25:04		0:24:39		0:24:15	
5 Mile	0:26:52		0:26:28		0:26:03		0:25:39		0:25:14		0:24:50		0:24:25	
10k	0:33:44		0:33:13		0:32:42		0:32:11		0:31:41		0:31:10		0:30:39	
12k	0:41:02		0:40:24		0:39:47		0:39:09		0:38:32		0:37:54		0:37:17	
15k	0:51:46		0:50:58		0:50:10		0:49:23		0:48:35		0:47:48		0:47:00	
10 Miles	0:55:51		0:54:59		0:54:08		0:53:16		0:52:25		0:51:34		0:50:43	
20k	1:10:36		1:09:30		1:08:25		1:07:19		1:06:14		1:05:09		1:04:03	
1/2 Mar	1:14:38		1:13:29		1:12:20		1:11:10		1:10:01		1:08:52		1:07:43	
25k	1:29:52		1:28:29		1:27:05		1:25:41		1:24:17		1:22:53		1:21:32	
30k	1:49:09		1:47:29		1:45:46		1:44:03		1:42:20		1:40:38		1:39:00	
Marathon	2:35:48		2:33:26		2:30:58		2:28:30		2:26:03		2:23:35		2:21:17	
<u>Training Paces Per Km</u>														
Recovery														
full range	0:04:31	0:04:52	0:04:27	0:04:48	0:04:23	0:04:43	0:04:19	0:04:39	0:04:15	0:04:35	0:04:11	0:04:31	0:04:08	0:04:27
Easy														
full range	0:04:11	0:04:31	0:04:08	0:04:27	0:04:04	0:04:23	0:04:00	0:04:19	0:03:57	0:04:15	0:03:53	0:04:11	0:03:50	0:04:08
Steady														
full range	0:03:53	0:04:11	0:03:49	0:04:08	0:03:46	0:04:04	0:03:43	0:04:00	0:03:39	0:03:57	0:03:36	0:03:53	0:03:33	0:03:50
core range	0:03:57	0:04:07	0:03:54	0:04:03	0:03:50	0:03:59	0:03:47	0:03:56	0:03:43	0:03:52	0:03:40	0:03:48	0:03:37	0:03:45
Aerobic Threshold														
full range	0:03:37	0:03:53	0:03:34	0:03:49	0:03:31	0:03:46	0:03:27	0:03:43	0:03:24	0:03:39	0:03:21	0:03:36	0:03:18	0:03:33
core range	0:03:41	0:03:46	0:03:37	0:03:43	0:03:34	0:03:39	0:03:31	0:03:36	0:03:28	0:03:33	0:03:24	0:03:29	0:03:22	0:03:27
Lactate Threshold														
full range	0:03:25	0:03:37	0:03:22	0:03:34	0:03:19	0:03:31	0:03:16	0:03:27	0:03:13	0:03:24	0:03:10	0:03:21	0:03:08	0:03:18
core range	0:03:29	0:03:33	0:03:26	0:03:30	0:03:22	0:03:27	0:03:19	0:03:24	0:03:16	0:03:21	0:03:13	0:03:18	0:03:11	0:03:15
Groove Intervals														
full range	0:03:15	0:03:25	0:03:12	0:03:22	0:03:09	0:03:19	0:03:06	0:03:16	0:03:03	0:03:13	0:03:00	0:03:10	0:02:58	0:03:08
core range	0:03:18	0:03:22	0:03:15	0:03:19	0:03:12	0:03:16	0:03:09	0:03:13	0:03:06	0:03:10	0:03:03	0:03:07	0:03:01	0:03:05
VO2 Max Intervals														
full range	0:03:07	0:03:15	0:03:04	0:03:12	0:03:02	0:03:09	0:02:59	0:03:06	0:02:56	0:03:03	0:02:53	0:03:00	0:02:51	0:02:58
core range	0:03:10	0:03:12	0:03:07	0:03:09	0:03:04	0:03:06	0:03:01	0:03:03	0:02:59	0:03:00	0:02:56	0:02:58	0:02:54	0:02:55
Fast Intervals														
full range	0:02:53	0:03:07	0:02:50	0:03:04	0:02:47	0:03:02	0:02:45	0:02:59	0:02:42	0:02:56	0:02:40	0:02:53	0:02:38	0:02:51
core range	0:02:56	0:03:03	0:02:53	0:03:00	0:02:51	0:02:57	0:02:48	0:02:54	0:02:45	0:02:52	0:02:43	0:02:49	0:02:41	0:02:47
Sprint Intervals														
full range	0:02:38	0:02:53	0:02:36	0:02:50	0:02:34	0:02:47	0:02:31	0:02:45	0:02:29	0:02:42	0:02:27	0:02:40	0:02:25	0:02:38
core range	0:02:41	0:02:49	0:02:39	0:02:47	0:02:36	0:02:44	0:02:34	0:02:42	0:02:31	0:02:40	0:02:29	0:02:37	0:02:27	0:02:35

Point Level	43		44		45		46		47		48		49	
<u>Race Distance</u>														
1 Mile	0:04:12		0:04:07		0:04:03		0:03:59		0:03:54		0:03:50		0:03:46	
3k	0:08:19		0:08:11		0:08:02		0:07:53		0:07:44		0:07:36		0:07:27	
2 Mile	0:09:00		0:08:50		0:08:41		0:08:31		0:08:22		0:08:12		0:08:03	
5k	0:14:30		0:14:15		0:14:00		0:13:45		0:13:30		0:13:15		0:13:00	
4 Mile	0:19:00		0:18:40		0:18:21		0:18:01		0:17:42		0:17:22		0:17:03	
8k	0:23:51		0:23:27		0:23:03		0:22:39		0:22:14		0:21:50		0:21:25	
5 Mile	0:24:01		0:23:37		0:23:12		0:22:48		0:22:23		0:21:59		0:21:34	
10k	0:30:09		0:29:38		0:29:08		0:28:37		0:28:06		0:27:36		0:27:05	
12k	0:36:39		0:36:02		0:35:24		0:34:47		0:34:10		0:33:33		0:32:55	
15k	0:46:13		0:45:25		0:44:38		0:43:51		0:43:04		0:42:17		0:41:30	
10 Miles	0:49:51		0:49:00		0:48:09		0:47:18		0:46:27		0:45:37		0:44:46	
20k	1:02:58		1:01:53		1:00:48		0:59:43		0:58:38		0:57:34		0:56:29	
1/2 Mar	1:06:34		1:05:25		1:04:17		1:03:08		1:02:00		1:00:51		0:59:43	
25k	1:20:10		1:18:49		1:17:27		1:16:05		1:14:42		1:13:20		1:11:57	
30k	1:37:22		1:35:44		1:34:06		1:32:26		1:30:46		1:29:05		1:27:25	
Marathon	2:18:59		2:16:42		2:14:24		2:12:01		2:09:37		2:07:14		2:04:51	
<u>Training Paces Per Km</u>														
Recovery														
full range	0:04:04	0:04:23	0:04:00	0:04:19	0:03:56	0:04:14	0:03:52	0:04:10	0:03:48	0:04:06	0:03:44	0:04:01	0:03:40	0:03:57
Easy														
full range	0:03:46	0:04:04	0:03:43	0:04:00	0:03:39	0:03:56	0:03:35	0:03:52	0:03:32	0:03:48	0:03:28	0:03:44	0:03:24	0:03:40
Steady														
full range	0:03:30	0:03:46	0:03:26	0:03:43	0:03:23	0:03:39	0:03:19	0:03:35	0:03:16	0:03:32	0:03:13	0:03:28	0:03:09	0:03:24
core range	0:03:34	0:03:42	0:03:30	0:03:38	0:03:27	0:03:35	0:03:23	0:03:31	0:03:20	0:03:27	0:03:16	0:03:24	0:03:13	0:03:20
Aerobic Threshold														
full range	0:03:15	0:03:30	0:03:12	0:03:26	0:03:09	0:03:23	0:03:06	0:03:19	0:03:03	0:03:16	0:02:59	0:03:13	0:02:56	0:03:09
core range	0:03:19	0:03:23	0:03:15	0:03:20	0:03:12	0:03:17	0:03:09	0:03:13	0:03:06	0:03:10	0:03:02	0:03:07	0:02:59	0:03:03
Lactate Threshold														
full range	0:03:05	0:03:15	0:03:02	0:03:12	0:02:59	0:03:09	0:02:56	0:03:06	0:02:53	0:03:03	0:02:50	0:02:59	0:02:47	0:02:56
core range	0:03:08	0:03:12	0:03:05	0:03:09	0:03:02	0:03:06	0:02:59	0:03:03	0:02:55	0:02:59	0:02:52	0:02:56	0:02:49	0:02:53
Groove Intervals														
full range	0:02:55	0:03:05	0:02:52	0:03:02	0:02:50	0:02:59	0:02:47	0:02:56	0:02:44	0:02:53	0:02:41	0:02:50	0:02:38	0:02:47
core range	0:02:58	0:03:02	0:02:55	0:02:59	0:02:52	0:02:56	0:02:49	0:02:53	0:02:46	0:02:50	0:02:43	0:02:47	0:02:41	0:02:44
VO2 Max Intervals														
full range	0:02:48	0:02:55	0:02:46	0:02:52	0:02:43	0:02:50	0:02:40	0:02:47	0:02:37	0:02:44	0:02:35	0:02:41	0:02:32	0:02:38
core range	0:02:51	0:02:53	0:02:48	0:02:50	0:02:45	0:02:47	0:02:42	0:02:44	0:02:40	0:02:41	0:02:37	0:02:38	0:02:34	0:02:36
Fast Intervals														
full range	0:02:35	0:02:48	0:02:33	0:02:46	0:02:30	0:02:43	0:02:28	0:02:40	0:02:25	0:02:37	0:02:23	0:02:35	0:02:20	0:02:32
core range	0:02:38	0:02:44	0:02:36	0:02:42	0:02:33	0:02:39	0:02:30	0:02:36	0:02:28	0:02:34	0:02:25	0:02:31	0:02:23	0:02:28
Sprint Intervals														
full range	0:02:22	0:02:35	0:02:20	0:02:33	0:02:18	0:02:30	0:02:15	0:02:28	0:02:13	0:02:25	0:02:11	0:02:23	0:02:08	0:02:20
core range	0:02:25	0:02:33	0:02:22	0:02:30	0:02:20	0:02:28	0:02:18	0:02:25	0:02:15	0:02:23	0:02:13	0:02:20	0:02:11	0:02:18

Point Level	50		51	
<u>Race Distance</u>				
1 Mile	0:03:42		0:03:39	
3k	0:07:18		0:07:09	
2 Mile	0:07:53		0:07:44	
5k	0:12:45		0:12:30	
4 Mile	0:16:44		0:16:24	
8k	0:21:02		0:20:38	
5 Mile	0:21:10		0:20:46	
10k	0:26:35		0:26:05	
12k	0:32:18		0:31:41	
15k	0:40:43		0:39:56	
10 Miles	0:43:55		0:43:04	
20k	0:55:24		0:54:20	
1/2 Mar	0:58:34		0:57:26	
25k	1:10:35		1:09:13	
30k	1:25:45		1:24:06	
Marathon	2:02:28		2:00:07	
<u>Training Paces Per Km</u>				
Recovery				
full range	0:03:37	0:03:53	0:03:33	0:03:50
Easy				
full range	0:03:21	0:03:37	0:03:18	0:03:33
Steady				
full range	0:03:06	0:03:21	0:03:03	0:03:18
core range	0:03:10	0:03:17	0:03:07	0:03:14
Aerobic Threshold				
full range	0:02:53	0:03:06	0:02:51	0:03:03
core range	0:02:56	0:03:01	0:02:54	0:02:58
Lactate Threshold				
full range	0:02:44	0:02:53	0:02:42	0:02:51
core range	0:02:47	0:02:51	0:02:44	0:02:48
Groove Intervals				
full range	0:02:36	0:02:44	0:02:33	0:02:42
core range	0:02:38	0:02:41	0:02:36	0:02:39
VO2 Max Intervals				
full range	0:02:30	0:02:36	0:02:27	0:02:33
core range	0:02:32	0:02:33	0:02:29	0:02:31
Fast Intervals				
full range	0:02:18	0:02:30	0:02:16	0:02:27
core range	0:02:21	0:02:26	0:02:18	0:02:24
Sprint Intervals				
full range	0:02:06	0:02:18	0:02:05	0:02:16
core range	0:02:09	0:02:16	0:02:07	0:02:13

Point Level	1		2		3		4		5		6		7	
<u>Race Distance</u>														
1 Mile	0:07:24		0:07:19		0:07:14		0:07:10		0:07:05		0:07:00		0:06:55	
3k	0:14:34		0:14:25		0:14:16		0:14:07		0:13:58		0:13:49		0:13:40	
2 Mile	0:15:42		0:15:32		0:15:22		0:15:13		0:15:03		0:14:53		0:14:44	
5k	0:25:00		0:24:45		0:24:30		0:24:15		0:24:00		0:23:45		0:23:30	
4 Mile	0:32:40		0:32:21		0:32:01		0:31:42		0:31:22		0:31:02		0:30:43	
8k	0:40:59		0:40:34		0:40:09		0:39:45		0:39:20		0:38:56		0:38:31	
5 Mile	0:41:16		0:40:51		0:40:26		0:40:01		0:39:37		0:39:12		0:38:47	
10k	0:51:53		0:51:22		0:50:50		0:50:19		0:49:48		0:49:16		0:48:45	
12k	1:03:16		1:02:38		1:02:00		1:01:21		1:00:43		1:00:05		0:59:26	
15k	1:19:56		1:19:07		1:18:19		1:17:30		1:16:42		1:15:53		1:15:05	
10 Miles	1:26:15		1:25:22		1:24:30		1:23:38		1:22:45		1:21:53		1:21:01	
20k	1:49:04		1:47:58		1:46:52		1:45:46		1:44:41		1:43:34		1:42:28	
1/2 Mar	1:55:19		1:54:09		1:52:59		1:51:50		1:50:40		1:49:30		1:48:20	
25k	2:18:11		2:16:49		2:15:26		2:14:04		2:12:42		2:11:19		2:09:57	
30k	2:47:18		2:45:39		2:44:01		2:42:22		2:40:43		2:39:04		2:37:25	
Marathon	3:57:55		3:55:36		3:53:17		3:50:58		3:48:39		3:46:20		3:44:01	
<u>Training Paces Per 400m</u>														
Recovery														
full range	02:43.3	02:55.9	02:41.7	02:54.2	02:40.3	02:52.6	02:38.9	02:51.1	02:37.3	02:49.4	02:35.7	02:47.7	02:34.1	02:46.0
Easy														
full range	02:31.4	02:43.3	02:30.0	02:41.7	02:28.6	02:40.3	02:27.3	02:38.9	02:25.8	02:37.3	02:24.4	02:35.7	02:22.9	02:34.1
Steady														
full range	02:20.3	02:31.4	02:18.9	02:30.0	02:17.7	02:28.6	02:16.5	02:27.3	02:15.1	02:25.8	02:13.7	02:24.4	02:12.4	02:22.9
core range	02:22.9	02:28.5	02:21.5	02:27.0	02:20.3	02:25.7	02:19.0	02:24.4	02:17.6	02:23.0	02:16.2	02:21.5	02:14.8	02:20.1
Aerobic Threshold														
full range	02:10.7	02:20.3	02:09.4	02:18.9	02:08.3	02:17.7	02:07.1	02:16.5	02:05.8	02:15.1	02:04.6	02:13.7	02:03.3	02:12.4
core range	02:12.9	02:16.1	02:11.6	02:14.8	02:10.5	02:13.6	02:09.3	02:12.4	02:08.0	02:11.1	02:06.7	02:09.7	02:05.4	02:08.4
Lactate Threshold														
full range	02:03.6	02:10.7	02:02.4	02:09.4	02:01.3	02:08.3	02:00.2	02:07.1	01:59.0	02:05.8	01:57.8	02:04.6	01:56.6	02:03.3
core range	02:05.6	02:08.5	02:04.4	02:07.2	02:03.3	02:06.1	02:02.2	02:05.0	02:01.0	02:03.7	01:59.8	02:02.5	01:58.5	02:01.2
Groove Intervals														
full range	01:57.3	02:03.6	01:56.1	02:02.4	01:55.1	02:01.3	01:54.1	02:00.2	01:52.9	01:59.0	01:51.8	01:57.8	01:50.6	01:56.6
core range	01:59.1	02:01.6	01:57.9	02:00.4	01:56.9	01:59.4	01:55.9	01:58.3	01:54.7	01:57.1	01:53.5	01:55.9	01:52.4	01:54.8
VO2 Max Intervals														
full range	01:52.6	01:57.3	01:51.5	01:56.1	01:50.6	01:55.1	01:49.6	01:54.1	01:48.5	01:52.9	01:47.4	01:51.8	01:46.3	01:50.6
core range	01:54.3	01:55.5	01:53.2	01:54.4	01:52.2	01:53.4	01:51.2	01:52.3	01:50.1	01:51.2	01:49.0	01:50.1	01:47.9	01:49.0
Fast Intervals														
full range	01:43.9	01:52.6	01:42.9	01:51.5	01:42.0	01:50.6	01:41.1	01:49.6	01:40.1	01:48.5	01:39.1	01:47.4	01:38.1	01:46.3
core range	01:45.9	01:49.9	01:44.8	01:48.9	01:43.9	01:47.9	01:43.0	01:46.9	01:42.0	01:45.9	01:40.9	01:44.8	01:39.9	01:43.7
Sprint Intervals														
full range	01:35.3	01:43.9	01:34.3	01:42.9	01:33.5	01:42.0	01:32.7	01:41.1	01:31.8	01:40.1	01:30.8	01:39.1	01:29.9	01:38.1
core range	01:36.9	01:42.1	01:35.9	01:41.1	01:35.1	01:40.2	01:34.3	01:39.3	01:33.3	01:38.3	01:32.4	01:37.3	01:31.4	01:36.3

Point Level	8		9		10		11		12		13		14	
<u>Race Distance</u>														
1 Mile	0:06:51		0:06:46		0:06:41		0:06:37		0:06:32		0:06:28		0:06:23	
3k	0:13:31		0:13:22		0:13:13		0:13:04		0:12:56		0:12:47		0:12:38	
2 Mile	0:14:34		0:14:25		0:14:15		0:14:06		0:13:56		0:13:47		0:13:37	
5k	0:23:15		0:23:00		0:22:45		0:22:30		0:22:15		0:22:00		0:21:45	
4 Mile	0:30:23		0:30:03		0:29:44		0:29:24		0:29:05		0:28:45		0:28:25	
8k	0:38:06		0:37:42		0:37:17		0:36:52		0:36:28		0:36:03		0:35:39	
5 Mile	0:38:22		0:37:57		0:37:33		0:37:08		0:36:43		0:36:18		0:35:54	
10k	0:48:13		0:47:42		0:47:11		0:46:39		0:46:08		0:45:37		0:45:06	
12k	0:58:48		0:58:10		0:57:31		0:56:53		0:56:15		0:55:36		0:54:58	
15k	1:14:16		1:13:28		1:12:39		1:11:51		1:11:02		1:10:14		1:09:25	
10 Miles	1:20:08		1:19:16		1:18:24		1:17:31		1:16:39		1:15:47		1:14:54	
20k	1:41:22		1:40:16		1:39:10		1:38:04		1:36:58		1:35:52		1:34:45	
1/2 Mar	1:47:10		1:46:00		1:44:51		1:43:41		1:42:31		1:41:21		1:40:11	
25k	2:08:34		2:07:11		2:05:49		2:04:26		2:03:03		2:01:40		2:00:17	
30k	2:35:46		2:34:07		2:32:27		2:30:48		2:29:08		2:27:29		2:25:49	
Marathon	3:41:41		3:39:22		3:37:02		3:34:42		3:32:22		3:30:02		3:27:42	
<u>Training Paces Per 400m</u>														
Recovery														
full range	02:32.5	02:44.2	02:30.9	02:42.5	02:29.3	02:40.8	02:27.7	02:39.1	02:26.1	02:37.4	02:24.5	02:35.6	02:22.9	02:33.9
Easy														
full range	02:21.4	02:32.5	02:19.9	02:30.9	02:18.4	02:29.3	02:16.9	02:27.7	02:15.5	02:26.1	02:14.0	02:24.5	02:12.5	02:22.9
Steady														
full range	02:11.0	02:21.4	02:09.6	02:19.9	02:08.2	02:18.4	02:06.9	02:16.9	02:05.5	02:15.5	02:04.1	02:14.0	02:02.7	02:12.5
core range	02:13.4	02:18.6	02:12.0	02:17.2	02:10.6	02:15.7	02:09.2	02:14.3	02:07.8	02:12.8	02:06.4	02:11.4	02:05.1	02:09.9
Aerobic Threshold														
full range	02:02.0	02:11.0	02:00.7	02:09.6	01:59.4	02:08.2	01:58.2	02:06.9	01:56.9	02:05.5	01:55.6	02:04.1	01:54.3	02:02.7
core range	02:04.1	02:07.1	02:02.8	02:05.8	02:01.5	02:04.4	02:00.2	02:03.1	01:58.9	02:01.8	01:57.6	02:00.4	01:56.3	01:59.1
Lactate Threshold														
full range	01:55.4	02:02.0	01:54.2	02:00.7	01:53.0	01:59.4	01:51.8	01:58.2	01:50.6	01:56.9	01:49.4	01:55.6	01:48.2	01:54.3
core range	01:57.3	01:59.9	01:56.1	01:58.7	01:54.9	01:57.4	01:53.6	01:56.2	01:52.4	01:54.9	01:51.2	01:53.7	01:49.9	01:52.4
Groove Intervals														
full range	01:49.5	01:55.4	01:48.3	01:54.2	01:47.2	01:53.0	01:46.0	01:51.8	01:44.9	01:50.6	01:43.8	01:49.4	01:42.6	01:48.2
core range	01:51.2	01:53.6	01:50.0	01:52.4	01:48.9	01:51.2	01:47.7	01:50.0	01:46.5	01:48.8	01:45.4	01:47.6	01:44.2	01:46.4
VO2 Max Intervals														
full range	01:45.2	01:49.5	01:44.1	01:48.3	01:43.0	01:47.2	01:41.9	01:46.0	01:40.8	01:44.9	01:39.7	01:43.8	01:38.6	01:42.6
core range	01:46.8	01:47.8	01:45.6	01:46.7	01:44.5	01:45.6	01:43.4	01:44.4	01:42.3	01:43.3	01:41.2	01:42.2	01:40.0	01:41.1
Fast Intervals														
full range	01:37.0	01:45.2	01:36.0	01:44.1	01:35.0	01:43.0	01:34.0	01:41.9	01:33.0	01:40.8	01:32.0	01:39.7	01:30.9	01:38.6
core range	01:38.8	01:42.6	01:37.8	01:41.6	01:36.8	01:40.5	01:35.7	01:39.4	01:34.7	01:38.3	01:33.7	01:37.3	01:32.6	01:36.2
Sprint Intervals														
full range	01:29.0	01:37.0	01:28.0	01:36.0	01:27.1	01:35.0	01:26.2	01:34.0	01:25.2	01:33.0	01:24.3	01:32.0	01:23.4	01:30.9
core range	01:30.5	01:35.3	01:29.5	01:34.3	01:28.6	01:33.3	01:27.6	01:32.3	01:26.7	01:31.3	01:25.7	01:30.3	01:24.8	01:29.3

Point Level	15		16		17		18		19		20		21	
<u>Race Distance</u>														
1 Mile	0:06:18		0:06:14		0:06:09		0:06:04		0:06:00		0:05:55		0:05:51	
3k	0:12:29		0:12:20		0:12:11		0:12:02		0:11:53		0:11:44		0:11:35	
2 Mile	0:13:27		0:13:18		0:13:08		0:12:58		0:12:49		0:12:39		0:12:30	
5k	0:21:30		0:21:15		0:21:00		0:20:45		0:20:30		0:20:15		0:20:00	
4 Mile	0:28:06		0:27:46		0:27:27		0:27:07		0:26:47		0:26:28		0:26:08	
8k	0:35:14		0:34:49		0:34:25		0:34:00		0:33:36		0:33:11		0:32:46	
5 Mile	0:35:29		0:35:04		0:34:39		0:34:14		0:33:50		0:33:25		0:33:00	
10k	0:44:34		0:44:03		0:43:32		0:43:01		0:42:30		0:41:59		0:41:28	
12k	0:54:20		0:53:42		0:53:03		0:52:25		0:51:47		0:51:09		0:50:31	
15k	1:08:37		1:07:48		1:07:00		1:06:11		1:05:23		1:04:34		1:03:46	
10 Miles	1:14:02		1:13:10		1:12:17		1:11:25		1:10:32		1:09:40		1:08:48	
20k	1:33:39		1:32:33		1:31:27		1:30:21		1:29:15		1:28:09		1:27:03	
1/2 Mar	1:39:01		1:37:51		1:36:41		1:35:31		1:34:22		1:33:12		1:32:02	
25k	1:58:55		1:57:32		1:56:09		1:54:46		1:53:23		1:52:00		1:50:38	
30k	2:24:10		2:22:30		2:20:51		2:19:11		2:17:31		2:15:51		2:14:12	
Marathon	3:25:21		3:23:01		3:20:41		3:18:20		3:15:59		3:13:38		3:11:17	
<u>Training Paces Per 400m</u>														
Recovery														
full range	02:21.3	02:32.2	02:19.7	02:30.5	02:18.1	02:28.7	02:16.8	02:27.3	02:15.3	02:25.7	02:13.7	02:24.0	02:12.1	02:22.2
Easy														
full range	02:11.0	02:21.3	02:09.5	02:19.7	02:08.1	02:18.1	02:06.8	02:16.8	02:05.4	02:15.3	02:03.9	02:13.7	02:02.5	02:12.1
Steady														
full range	02:01.4	02:11.0	02:00.0	02:09.5	01:58.6	02:08.1	01:57.5	02:06.8	01:56.2	02:05.4	01:54.8	02:03.9	01:53.4	02:02.5
core range	02:03.7	02:08.5	02:02.3	02:07.0	02:00.9	02:05.6	01:59.7	02:04.4	01:58.4	02:03.0	01:57.0	02:01.5	01:55.6	02:00.1
Aerobic Threshold														
full range	01:53.1	02:01.4	01:51.8	02:00.0	01:50.5	01:58.6	01:49.4	01:57.5	01:48.2	01:56.2	01:46.9	01:54.8	01:45.7	01:53.4
core range	01:55.0	01:57.8	01:53.7	01:56.4	01:52.4	01:55.1	01:51.3	01:54.0	01:50.1	01:52.7	01:48.8	01:51.4	01:47.5	01:50.1
Lactate Threshold														
full range	01:46.9	01:53.1	01:45.7	01:51.8	01:44.5	01:50.5	01:43.5	01:49.4	01:42.4	01:48.2	01:41.2	01:46.9	01:40.0	01:45.7
core range	01:48.7	01:51.1	01:47.5	01:49.9	01:46.2	01:48.6	01:45.2	01:47.6	01:44.1	01:46.4	01:42.8	01:45.1	01:41.6	01:43.9
Groove Intervals														
full range	01:41.5	01:46.9	01:40.3	01:45.7	01:39.2	01:44.5	01:38.2	01:43.5	01:37.1	01:42.4	01:36.0	01:41.2	01:34.8	01:40.0
core range	01:43.0	01:45.2	01:41.9	01:44.0	01:40.7	01:42.9	01:39.7	01:41.9	01:38.6	01:40.7	01:37.5	01:39.6	01:36.3	01:38.4
VO2 Max Intervals														
full range	01:37.5	01:41.5	01:36.4	01:40.3	01:35.3	01:39.2	01:34.3	01:38.2	01:33.3	01:37.1	01:32.2	01:36.0	01:31.1	01:34.8
core range	01:38.9	01:39.9	01:37.8	01:38.8	01:36.7	01:37.7	01:35.8	01:36.7	01:34.7	01:35.7	01:33.6	01:34.5	01:32.5	01:33.4
Fast Intervals														
full range	01:29.9	01:37.5	01:28.9	01:36.4	01:27.9	01:35.3	01:27.0	01:34.3	01:26.1	01:33.3	01:25.1	01:32.2	01:24.1	01:31.1
core range	01:31.6	01:35.1	01:30.6	01:34.0	01:29.5	01:33.0	01:28.7	01:32.1	01:27.7	01:31.1	01:26.6	01:30.0	01:25.6	01:28.9
Sprint Intervals														
full range	01:22.4	01:29.9	01:21.5	01:28.9	01:20.6	01:27.9	01:19.8	01:27.0	01:18.9	01:26.1	01:18.0	01:25.1	01:17.1	01:24.1
core range	01:23.8	01:28.3	01:22.9	01:27.3	01:21.9	01:26.3	01:21.1	01:25.5	01:20.3	01:24.6	01:19.3	01:23.6	01:18.4	01:22.6

Point Level	22		23		24		25		26		27		28	
<u>Race Distance</u>														
1 Mile	0:05:46		0:05:42		0:05:37		0:05:33		0:05:28		0:05:24		0:05:19	
3k	0:11:26		0:11:17		0:11:08		0:10:59		0:10:50		0:10:41		0:10:33	
2 Mile	0:12:19		0:12:08		0:11:58		0:11:47		0:11:39		0:11:30		0:11:22	
5k	0:19:45		0:19:30		0:19:15		0:19:00		0:18:45		0:18:30		0:18:15	
4 Mile	0:25:49		0:25:29		0:25:10		0:24:50		0:24:31		0:24:11		0:23:52	
8k	0:32:22		0:31:58		0:31:33		0:31:09		0:30:45		0:30:20		0:29:56	
5 Mile	0:32:36		0:32:11		0:31:47		0:31:22		0:30:57		0:30:33		0:30:08	
10k	0:40:57		0:40:26		0:39:55		0:39:24		0:38:53		0:38:22		0:37:51	
12k	0:49:53		0:49:15		0:48:37		0:47:59		0:47:21		0:46:43		0:46:05	
15k	1:02:58		1:02:10		1:01:22		1:00:34		0:59:46		0:58:57		0:58:09	
10 Miles	1:07:56		1:07:04		1:06:12		1:05:21		1:04:29		1:03:36		1:02:44	
20k	1:25:57		1:24:51		1:23:45		1:22:39		1:21:33		1:20:27		1:19:21	
1/2 Mar	1:30:53		1:29:43		1:28:33		1:27:23		1:26:13		1:25:03		1:23:54	
25k	1:49:14		1:47:51		1:46:28		1:45:05		1:43:42		1:42:19		1:40:56	
30k	2:12:32		2:10:51		2:09:11		2:07:31		2:05:51		2:04:11		2:02:31	
Marathon	3:08:55		3:06:34		3:04:12		3:01:51		2:59:29		2:57:07		2:54:46	
<u>Training Paces Per 400m</u>														
Recovery														
full range	02:10.5	02:20.5	02:08.9	02:18.8	02:07.3	02:17.1	02:05.7	02:15.4	02:04.1	02:13.6	02:02.5	02:11.9	02:00.9	02:10.2
Easy														
full range	02:01.0	02:10.5	01:59.5	02:08.9	01:58.0	02:07.3	01:56.5	02:05.7	01:55.1	02:04.1	01:53.6	02:02.5	01:52.1	02:00.9
Steady														
full range	01:52.1	02:01.0	01:50.7	01:59.5	01:49.3	01:58.0	01:48.0	01:56.5	01:46.6	01:55.1	01:45.2	01:53.6	01:43.8	01:52.1
core range	01:54.2	01:58.6	01:52.8	01:57.2	01:51.4	01:55.7	01:50.0	01:54.3	01:48.6	01:52.8	01:47.2	01:51.4	01:45.8	01:49.9
Aerobic Threshold														
full range	01:44.4	01:52.1	01:43.1	01:50.7	01:41.8	01:49.3	01:40.6	01:48.0	01:39.3	01:46.6	01:38.0	01:45.2	01:36.7	01:43.8
core range	01:46.2	01:48.7	01:44.9	01:47.4	01:43.6	01:46.1	01:42.3	01:44.7	01:41.0	01:43.4	01:39.7	01:42.1	01:38.4	01:40.8
Lactate Threshold														
full range	01:38.7	01:44.4	01:37.5	01:43.1	01:36.3	01:41.8	01:35.1	01:40.6	01:33.9	01:39.3	01:32.7	01:38.0	01:31.5	01:36.7
core range	01:40.4	01:42.6	01:39.1	01:41.4	01:37.9	01:40.1	01:36.7	01:38.9	01:35.5	01:37.6	01:34.2	01:36.3	01:33.0	01:35.1
Groove Intervals														
full range	01:33.7	01:38.7	01:32.5	01:37.5	01:31.4	01:36.3	01:30.2	01:35.1	01:29.1	01:33.9	01:27.9	01:32.7	01:26.8	01:31.5
core range	01:35.1	01:37.2	01:34.0	01:36.0	01:32.8	01:34.8	01:31.7	01:33.6	01:30.5	01:32.4	01:29.3	01:31.2	01:28.2	01:30.0
VO2 Max Intervals														
full range	01:30.0	01:33.7	01:28.9	01:32.5	01:27.8	01:31.4	01:26.7	01:30.2	01:25.6	01:29.1	01:24.5	01:27.9	01:23.4	01:26.8
core range	01:31.3	01:32.3	01:30.2	01:31.1	01:29.1	01:30.0	01:28.0	01:28.9	01:26.9	01:27.7	01:25.7	01:26.6	01:24.6	01:25.5
Fast Intervals														
full range	01:23.0	01:30.0	01:22.0	01:28.9	01:21.0	01:27.8	01:20.0	01:26.7	01:19.0	01:25.6	01:18.0	01:24.5	01:16.9	01:23.4
core range	01:24.6	01:27.8	01:23.5	01:26.8	01:22.5	01:25.7	01:21.5	01:24.6	01:20.4	01:23.5	01:19.4	01:22.5	01:18.4	01:21.4
Sprint Intervals														
full range	01:16.1	01:23.0	01:15.2	01:22.0	01:14.3	01:21.0	01:13.3	01:20.0	01:12.4	01:19.0	01:11.5	01:18.0	01:10.5	01:16.9
core range	01:17.4	01:21.6	01:16.5	01:20.6	01:15.5	01:19.6	01:14.6	01:18.6	01:13.6	01:17.6	01:12.7	01:16.6	01:11.7	01:15.6

Point Level	29		30		31		32		33		34		35	
<u>Race Distance</u>														
1 Mile	0:05:15		0:05:10		0:05:05		0:05:01		0:04:56		0:04:52		0:04:47	
3k	0:10:24		0:10:15		0:10:06		0:09:57		0:09:48		0:09:39		0:09:30	
2 Mile	0:11:13		0:11:03		0:10:54		0:10:44		0:10:35		0:10:25		0:10:16	
5k	0:18:00		0:17:45		0:17:30		0:17:15		0:17:00		0:16:45		0:16:30	
4 Mile	0:23:32		0:23:13		0:22:53		0:22:34		0:22:14		0:21:55		0:21:35	
8k	0:29:32		0:29:07		0:28:43		0:28:19		0:27:54		0:27:30		0:27:05	
5 Mile	0:29:44		0:29:19		0:28:55		0:28:30		0:28:06		0:27:41		0:27:17	
10k	0:37:20		0:36:49		0:36:18		0:35:47		0:35:16		0:34:45		0:34:14	
12k	0:45:27		0:44:49		0:44:11		0:43:33		0:42:55		0:42:18		0:41:40	
15k	0:57:21		0:56:33		0:55:45		0:54:57		0:54:09		0:53:21		0:52:33	
10 Miles	1:01:52		1:01:01		1:00:09		0:59:17		0:58:25		0:57:34		0:56:42	
20k	1:18:15		1:17:10		1:16:04		1:14:58		1:13:53		1:12:47		1:11:42	
1/2 Mar	1:22:44		1:21:35		1:20:25		1:19:16		1:18:06		1:16:57		1:15:48	
25k	1:39:33		1:38:10		1:36:47		1:35:24		1:34:02		1:32:38		1:31:15	
30k	2:00:51		1:59:11		1:57:30		1:55:50		1:54:10		1:52:30		1:50:49	
Marathon	2:52:24		2:50:02		2:47:40		2:45:18		2:42:56		2:40:33		2:38:11	
<u>Training Paces Per 400m</u>														
Recovery														
full range	01:59.3	02:08.5	01:57.7	02:06.8	01:56.3	02:05.2	01:54.9	02:03.7	01:53.3	02:02.0	01:51.7	02:00.3	01:50.1	01:58.5
Easy														
full range	01:50.6	01:59.3	01:49.1	01:57.7	01:47.8	01:56.3	01:46.5	01:54.9	01:45.0	01:53.3	01:43.5	01:51.7	01:42.1	01:50.1
Steady														
full range	01:42.5	01:50.6	01:41.1	01:49.1	01:39.9	01:47.8	01:38.7	01:46.5	01:37.3	01:45.0	01:35.9	01:43.5	01:34.5	01:42.1
core range	01:44.4	01:48.5	01:43.0	01:47.0	01:41.7	01:45.7	01:40.5	01:44.4	01:39.1	01:43.0	01:37.7	01:41.5	01:36.3	01:40.1
Aerobic Threshold														
full range	01:35.4	01:42.5	01:34.2	01:41.1	01:33.0	01:39.9	01:31.9	01:38.7	01:30.6	01:37.3	01:29.3	01:35.9	01:28.1	01:34.5
core range	01:37.1	01:39.4	01:35.8	01:38.1	01:34.7	01:36.9	01:33.5	01:35.7	01:32.2	01:34.4	01:30.9	01:33.1	01:29.6	01:31.7
Lactate Threshold														
full range	01:30.3	01:35.4	01:29.1	01:34.2	01:28.0	01:33.0	01:26.9	01:31.9	01:25.7	01:30.6	01:24.5	01:29.3	01:23.3	01:28.1
core range	01:31.8	01:33.8	01:30.5	01:32.6	01:29.5	01:31.5	01:28.4	01:30.3	01:27.1	01:29.1	01:25.9	01:27.8	01:24.7	01:26.6
Groove Intervals														
full range	01:25.7	01:30.3	01:24.5	01:29.1	01:23.5	01:28.0	01:22.5	01:26.9	01:21.3	01:25.7	01:20.2	01:24.5	01:19.0	01:23.3
core range	01:27.0	01:28.8	01:25.8	01:27.7	01:24.8	01:26.6	01:23.8	01:25.5	01:22.6	01:24.3	01:21.4	01:23.2	01:20.3	01:22.0
VO2 Max Intervals														
full range	01:22.3	01:25.7	01:21.2	01:24.5	01:20.2	01:23.5	01:19.2	01:22.5	01:18.1	01:21.3	01:17.0	01:20.2	01:15.9	01:19.0
core range	01:23.5	01:24.4	01:22.4	01:23.2	01:21.4	01:22.2	01:20.4	01:21.2	01:19.3	01:20.1	01:18.2	01:19.0	01:17.1	01:17.8
Fast Intervals														
full range	01:15.9	01:22.3	01:14.9	01:21.2	01:14.0	01:20.2	01:13.1	01:19.2	01:12.1	01:18.1	01:11.1	01:17.0	01:10.0	01:15.9
core range	01:17.3	01:20.3	01:16.3	01:19.2	01:15.4	01:18.3	01:14.4	01:17.3	01:13.4	01:16.2	01:12.4	01:15.2	01:11.3	01:14.1
Sprint Intervals														
full range	01:09.6	01:15.9	01:08.7	01:14.9	01:07.8	01:14.0	01:07.0	01:13.1	01:06.1	01:12.1	01:05.1	01:11.1	01:04.2	01:10.0
core range	01:10.8	01:14.6	01:09.8	01:13.6	01:09.0	01:12.7	01:08.1	01:11.8	01:07.2	01:10.8	01:06.2	01:09.8	01:05.3	01:08.8

Point Level	36		37		38		39		40		41		42	
<u>Race Distance</u>														
1 Mile	0:04:43		0:04:39		0:04:34		0:04:30		0:04:25		0:04:21		0:04:16	
3k	0:09:22		0:09:13		0:09:04		0:08:55		0:08:46		0:08:37		0:08:28	
2 Mile	0:10:06		0:09:57		0:09:47		0:09:38		0:09:28		0:09:19		0:09:09	
5k	0:16:15		0:16:00		0:15:45		0:15:30		0:15:15		0:15:00		0:14:45	
4 Mile	0:21:16		0:20:56		0:20:37		0:20:17		0:19:58		0:19:38		0:19:19	
8k	0:26:41		0:26:17		0:25:52		0:25:28		0:25:04		0:24:39		0:24:15	
5 Mile	0:26:52		0:26:28		0:26:03		0:25:39		0:25:14		0:24:50		0:24:25	
10k	0:33:44		0:33:13		0:32:42		0:32:11		0:31:41		0:31:10		0:30:39	
12k	0:41:02		0:40:24		0:39:47		0:39:09		0:38:32		0:37:54		0:37:17	
15k	0:51:46		0:50:58		0:50:10		0:49:23		0:48:35		0:47:48		0:47:00	
10 Miles	0:55:51		0:54:59		0:54:08		0:53:16		0:52:25		0:51:34		0:50:43	
20k	1:10:36		1:09:30		1:08:25		1:07:19		1:06:14		1:05:09		1:04:03	
1/2 Mar	1:14:38		1:13:29		1:12:20		1:11:10		1:10:01		1:08:52		1:07:43	
25k	1:29:52		1:28:29		1:27:05		1:25:41		1:24:17		1:22:53		1:21:32	
30k	1:49:09		1:47:29		1:45:46		1:44:03		1:42:20		1:40:38		1:39:00	
Marathon	2:35:48		2:33:26		2:30:58		2:28:30		2:26:03		2:23:35		2:21:17	
<u>Training Paces Per 400m</u>														
Recovery														
full range	01:48.5	01:56.8	01:46.9	01:55.1	01:45.3	01:53.4	01:43.7	01:51.7	01:42.1	01:49.9	01:40.5	01:48.2	01:39.2	01:46.8
Easy														
full range	01:40.6	01:48.5	01:39.1	01:46.9	01:37.6	01:45.3	01:36.1	01:43.7	01:34.6	01:42.1	01:33.2	01:40.5	01:31.9	01:39.2
Steady														
full range	01:33.2	01:40.6	01:31.8	01:39.1	01:30.4	01:37.6	01:29.1	01:36.1	01:27.7	01:34.6	01:26.3	01:33.2	01:25.2	01:31.9
core range	01:34.9	01:38.6	01:33.5	01:37.2	01:32.1	01:35.7	01:30.7	01:34.3	01:29.3	01:32.8	01:27.9	01:31.3	01:26.8	01:30.1
Aerobic Threshold														
full range	01:26.8	01:33.2	01:25.5	01:31.8	01:24.2	01:30.4	01:22.9	01:29.1	01:21.7	01:27.7	01:20.4	01:26.3	01:19.3	01:25.2
core range	01:28.3	01:30.4	01:27.0	01:29.1	01:25.7	01:27.7	01:24.4	01:26.4	01:23.1	01:25.1	01:21.8	01:23.7	01:20.7	01:22.6
Lactate Threshold														
full range	01:22.1	01:26.8	01:20.9	01:25.5	01:19.7	01:24.2	01:18.5	01:22.9	01:17.3	01:21.7	01:16.0	01:20.4	01:15.0	01:19.3
core range	01:23.4	01:25.3	01:22.2	01:24.1	01:21.0	01:22.8	01:19.8	01:21.5	01:18.5	01:20.3	01:17.3	01:19.0	01:16.3	01:18.0
Groove Intervals														
full range	01:17.9	01:22.1	01:16.7	01:20.9	01:15.6	01:19.7	01:14.4	01:18.5	01:13.3	01:17.3	01:12.1	01:16.0	01:11.2	01:15.0
core range	01:19.1	01:20.8	01:17.9	01:19.6	01:16.8	01:18.4	01:15.6	01:17.2	01:14.4	01:16.0	01:13.3	01:14.8	01:12.3	01:13.8
VO2 Max Intervals														
full range	01:14.8	01:17.9	01:13.7	01:16.7	01:12.6	01:15.6	01:11.5	01:14.4	01:10.4	01:13.3	01:09.3	01:12.1	01:08.4	01:11.2
core range	01:15.9	01:16.7	01:14.8	01:15.6	01:13.7	01:14.4	01:12.6	01:13.3	01:11.5	01:12.2	01:10.3	01:11.0	01:09.4	01:10.1
Fast Intervals														
full range	01:09.0	01:14.8	01:08.0	01:13.7	01:07.0	01:12.6	01:06.0	01:11.5	01:05.0	01:10.4	01:03.9	01:09.3	01:03.1	01:08.4
core range	01:10.3	01:13.0	01:09.3	01:11.9	01:08.2	01:10.9	01:07.2	01:09.8	01:06.2	01:08.7	01:05.1	01:07.6	01:04.3	01:06.7
Sprint Intervals														
full range	01:03.3	01:09.0	01:02.3	01:08.0	01:01.4	01:07.0	01:00.5	01:06.0	00:59.5	01:05.0	00:58.6	01:03.9	00:57.8	01:03.1
core range	01:04.3	01:07.8	01:03.4	01:06.8	01:02.5	01:05.8	01:01.5	01:04.8	01:00.6	01:03.8	00:59.6	01:02.8	00:58.8	01:02.0

Point Level	43		44		45		46		47		48		49	
<u>Race Distance</u>														
1 Mile	0:04:12		0:04:07		0:04:03		0:03:59		0:03:54		0:03:50		0:03:46	
3k	0:08:19		0:08:11		0:08:02		0:07:53		0:07:44		0:07:36		0:07:27	
2 Mile	0:09:00		0:08:50		0:08:41		0:08:31		0:08:22		0:08:12		0:08:03	
5k	0:14:30		0:14:15		0:14:00		0:13:45		0:13:30		0:13:15		0:13:00	
4 Mile	0:19:00		0:18:40		0:18:21		0:18:01		0:17:42		0:17:22		0:17:03	
8k	0:23:51		0:23:27		0:23:03		0:22:39		0:22:14		0:21:50		0:21:25	
5 Mile	0:24:01		0:23:37		0:23:12		0:22:48		0:22:23		0:21:59		0:21:34	
10k	0:30:09		0:29:38		0:29:08		0:28:37		0:28:06		0:27:36		0:27:05	
12k	0:36:39		0:36:02		0:35:24		0:34:47		0:34:10		0:33:33		0:32:55	
15k	0:46:13		0:45:25		0:44:38		0:43:51		0:43:04		0:42:17		0:41:30	
10 Miles	0:49:51		0:49:00		0:48:09		0:47:18		0:46:27		0:45:37		0:44:46	
20k	1:02:58		1:01:53		1:00:48		0:59:43		0:58:38		0:57:34		0:56:29	
1/2 Mar	1:06:34		1:05:25		1:04:17		1:03:08		1:02:00		1:00:51		0:59:43	
25k	1:20:10		1:18:49		1:17:27		1:16:05		1:14:42		1:13:20		1:11:57	
30k	1:37:22		1:35:44		1:34:06		1:32:26		1:30:46		1:29:05		1:27:25	
Marathon	2:18:59		2:16:42		2:14:24		2:12:01		2:09:37		2:07:14		2:04:51	
<u>Training Paces Per 400m</u>														
Recovery														
full range	01:37.6	01:45.2	01:36.0	01:43.4	01:34.4	01:41.7	01:32.9	01:40.0	01:31.3	01:38.3	01:29.7	01:36.6	01:28.1	01:34.8
Easy														
full range	01:30.5	01:37.6	01:29.0	01:36.0	01:27.6	01:34.4	01:26.1	01:32.9	01:24.6	01:31.3	01:23.1	01:29.7	01:21.6	01:28.1
Steady														
full range	01:23.9	01:30.5	01:22.5	01:29.0	01:21.1	01:27.6	01:19.7	01:26.1	01:18.4	01:24.6	01:17.0	01:23.1	01:15.6	01:21.6
core range	01:25.4	01:28.8	01:24.0	01:27.3	01:22.6	01:25.9	01:21.2	01:24.4	01:19.8	01:23.0	01:18.4	01:21.5	01:17.1	01:20.1
Aerobic Threshold														
full range	01:18.1	01:23.9	01:16.8	01:22.5	01:15.6	01:21.1	01:14.3	01:19.7	01:13.0	01:18.4	01:11.7	01:17.0	01:10.4	01:15.6
core range	01:19.5	01:21.4	01:18.2	01:20.0	01:16.9	01:18.7	01:15.6	01:17.4	01:14.3	01:16.0	01:13.0	01:14.7	01:11.7	01:13.4
Lactate Threshold														
full range	01:13.9	01:18.1	01:12.7	01:16.8	01:11.5	01:15.6	01:10.3	01:14.3	01:09.1	01:13.0	01:07.8	01:11.7	01:06.6	01:10.4
core range	01:15.1	01:16.8	01:13.9	01:15.5	01:12.7	01:14.3	01:11.4	01:13.0	01:10.2	01:11.8	01:09.0	01:10.5	01:07.7	01:09.3
Groove Intervals														
full range	01:10.1	01:13.9	01:09.0	01:12.7	01:07.8	01:11.5	01:06.7	01:10.3	01:05.5	01:09.1	01:04.4	01:07.8	01:03.2	01:06.6
core range	01:11.2	01:12.7	01:10.0	01:11.5	01:08.9	01:10.3	01:07.7	01:09.1	01:06.5	01:08.0	01:05.4	01:06.8	01:04.2	01:05.6
VO2 Max Intervals														
full range	01:07.3	01:10.1	01:06.2	01:09.0	01:05.1	01:07.8	01:04.0	01:06.7	01:02.9	01:05.5	01:01.8	01:04.4	01:00.7	01:03.2
core range	01:08.4	01:09.0	01:07.2	01:07.9	01:06.1	01:06.8	01:05.0	01:05.7	01:03.9	01:04.5	01:02.8	01:03.4	01:01.6	01:02.3
Fast Intervals														
full range	01:02.1	01:07.3	01:01.1	01:06.2	01:00.1	01:05.1	00:59.1	01:04.0	00:58.1	01:02.9	00:57.1	01:01.8	00:56.0	01:00.7
core range	01:03.3	01:05.7	01:02.3	01:04.6	01:01.2	01:03.6	01:00.2	01:02.5	00:59.1	01:01.4	00:58.1	01:00.3	00:57.1	00:59.3
Sprint Intervals														
full range	00:57.0	01:02.1	00:56.0	01:01.1	00:55.1	01:00.1	00:54.2	00:59.1	00:53.2	00:58.1	00:52.3	00:57.1	00:51.4	00:56.0
core range	00:57.9	01:01.0	00:57.0	01:00.0	00:56.0	00:59.0	00:55.1	00:58.0	00:54.1	00:57.0	00:53.2	00:56.0	00:52.2	00:55.0

Point Level	50		51	
<u>Race Distance</u>				
1 Mile	0:03:42		0:03:39	
3k	0:07:18		0:07:09	
2 Mile	0:07:53		0:07:44	
5k	0:12:45		0:12:30	
4 Mile	0:16:44		0:16:24	
8k	0:21:02		0:20:38	
5 Mile	0:21:10		0:20:46	
10k	0:26:35		0:26:05	
12k	0:32:18		0:31:41	
15k	0:40:43		0:39:56	
10 Miles	0:43:55		0:43:04	
20k	0:55:24		0:54:20	
1/2 Mar	0:58:34		0:57:26	
25k	1:10:35		1:09:13	
30k	1:25:45		1:24:06	
Marathon	2:02:28		2:00:07	
<u>Training Paces Per 400m</u>				
Recovery				
full range	01:26.7	01:33.4	01:25.4	01:32.0
Easy				
full range	01:20.4	01:26.7	01:19.2	01:25.4
Steady				
full range	01:14.5	01:20.4	01:13.3	01:19.2
core range	01:15.9	01:18.8	01:14.7	01:17.6
Aerobic Threshold				
full range	01:09.4	01:14.5	01:08.3	01:13.3
core range	01:10.6	01:12.3	01:09.5	01:11.2
Lactate Threshold				
full range	01:05.6	01:09.4	01:04.6	01:08.3
core range	01:06.7	01:08.2	01:05.7	01:07.2
Groove Intervals				
full range	01:02.3	01:05.6	01:01.3	01:04.6
core range	01:03.2	01:04.6	01:02.3	01:03.6
VO2 Max Intervals				
full range	00:59.8	01:02.3	00:58.9	01:01.3
core range	01:00.7	01:01.3	00:59.8	01:00.4
Fast Intervals				
full range	00:55.2	00:59.8	00:54.3	00:58.9
core range	00:56.2	00:58.4	00:55.3	00:57.5
Sprint Intervals				
full range	00:50.6	00:55.2	00:49.8	00:54.3
core range	00:51.4	00:54.2	00:50.7	00:53.4