

**Pace for interval training: 800m (approx. half-mile)**

800m pace	Distance							
	100	150	200	250	300	400	500	600
4:30	0: 34	0: 51	1: 08	1: 24	1: 41	2: 15	2: 49	3: 23
4:20	0: 33	0: 49	1: 05	1: 21	1: 38	2: 10	2: 43	3: 15
4:10	0: 31	0: 47	1: 02	1: 18	1: 34	2: 05	2: 36	3: 07
4:00	0: 30	0: 45	1: 00	1: 15	1: 30	2: 00	2: 30	3: 00
3:50	0: 29	0: 43	0: 58	1: 12	1: 26	1: 55	2: 24	2: 53
3:40	0: 28	0: 41	0: 55	1: 09	1: 23	1: 50	2: 18	2: 45
3:30	0: 26	0: 39	0: 53	1: 06	1: 19	1: 45	2: 11	2: 38
3:20	0: 25	0: 38	0: 50	1: 03	1: 15	1: 40	2: 05	2: 30
3:10	0: 24	0: 36	0: 48	0: 59	1: 11	1: 35	1: 59	2: 23
3:00	0: 23	0: 34	0: 45	0: 56	1: 08	1: 30	1: 53	2: 15
2:55	0: 22	0: 33	0: 44	0: 55	1: 06	1: 28	1: 49	2: 11
2:50	0: 21	0: 32	0: 43	0: 53	1: 04	1: 25	1: 46	2: 08
2:45	0: 21	0: 31	0: 41	0: 52	1: 02	1: 23	1: 43	2: 04
2:40	0: 20	0: 30	0: 40	0: 50	1: 00	1: 20	1: 40	2: 00
2:35	0: 19	0: 29	0: 39	0: 48	0: 58	1: 18	1: 37	1: 56
2:30	0: 19	0: 28	0: 38	0: 47	0: 56	1: 15	1: 34	1: 53
2:25	0: 18	0: 27	0: 36	0: 45	0: 54	1: 13	1: 31	1: 49
2:20	0: 18	0: 26	0: 35	0: 44	0: 53	1: 10	1: 28	1: 45
2:15	0: 17	0: 25	0: 34	0: 42	0: 51	1: 07	1: 24	1: 41
2:10	0: 16	0: 24	0: 33	0: 41	0: 49	1: 05	1: 21	1: 38
2:05	0: 16	0: 23	0: 31	0: 39	0: 47	1: 02	1: 18	1: 34
2:00	0: 15	0: 23	0: 30	0: 38	0: 45	1: 00	1: 15	1: 30
1:55	0: 14	0: 22	0: 29	0: 36	0: 43	0: 58	1: 12	1: 26

**Pace for interval training: 1600m (approx. one mile)**

1600m pace	Distance							
	200	300	400	500	600	800	1000	1200
9:00	1: 08	1: 41	2: 15	2: 49	3: 23	4: 30	5: 38	6: 45
8:45	1: 06	1: 38	2: 11	2: 44	3: 17	4: 23	5: 28	6: 34
8:30	1: 04	1: 36	2: 08	2: 39	3: 11	4: 15	5: 19	6: 23
8:15	1: 02	1: 33	2: 04	2: 35	3: 06	4: 08	5: 09	6: 11
8:00	1: 00	1: 30	2: 00	2: 30	3: 00	4: 00	5: 00	6: 00
7:45	0: 58	1: 27	1: 56	2: 25	2: 54	3: 53	4: 51	5: 49
7:30	0: 56	1: 24	1: 53	2: 21	2: 49	3: 45	4: 41	5: 38
7:15	0: 54	1: 22	1: 49	2: 16	2: 43	3: 38	4: 32	5: 26
7:00	0: 53	1: 19	1: 45	2: 11	2: 38	3: 30	4: 23	5: 15
6:45	0: 51	1: 16	1: 41	2: 07	2: 32	3: 23	4: 13	5: 04
6:30	0: 49	1: 13	1: 38	2: 02	2: 26	3: 15	4: 04	4: 53
6:15	0: 47	1: 10	1: 34	1: 57	2: 21	3: 08	3: 54	4: 41
6:00	0: 45	1: 08	1: 30	1: 53	2: 15	3: 00	3: 45	4: 30
5:50	0: 44	1: 06	1: 28	1: 49	2: 11	2: 55	3: 39	4: 22
5:40	0: 43	1: 04	1: 25	1: 46	2: 08	2: 50	3: 33	4: 15
5:30	0: 41	1: 02	1: 23	1: 43	2: 04	2: 45	3: 26	4: 07
5:20	0: 40	1: 00	1: 20	1: 40	2: 00	2: 40	3: 20	4: 00
5:10	0: 39	0: 58	1: 18	1: 37	1: 56	2: 35	3: 14	3: 52
5:00	0: 38	0: 56	1: 15	1: 34	1: 53	2: 30	3: 07	3: 45
4:50	0: 36	0: 54	1: 13	1: 31	1: 49	2: 25	3: 01	3: 37
4:40	0: 35	0: 53	1: 10	1: 28	1: 45	2: 20	2: 55	3: 30
4:30	0: 34	0: 51	1: 07	1: 24	1: 41	2: 15	2: 49	3: 22
4:20	0: 33	0: 49	1: 05	1: 21	1: 37	2: 10	2: 42	3: 15
4:10	0: 31	0: 47	1: 02	1: 18	1: 34	2: 05	2: 36	3: 07

**Pace for interval training: 3200m (approx. 2 miles)**

3200m pace	Distance							
	200	300	400	500	600	800	1000	1200
18:00	1: 08	1: 41	2: 15	2: 49	3: 23	4: 30	5: 38	6: 45
17:30	1: 06	1: 38	2: 11	2: 44	3: 17	4: 23	5: 28	6: 34
17:00	1: 04	1: 36	2: 08	2: 39	3: 11	4: 15	5: 19	6: 23
16:30	1: 02	1: 33	2: 04	2: 35	3: 06	4: 08	5: 09	6: 11
16:00	1: 00	1: 30	2: 00	2: 30	3: 00	4: 00	5: 00	6: 00
15:30	0: 58	1: 27	1: 56	2: 25	2: 54	3: 53	4: 51	5: 49
15:00	0: 56	1: 24	1: 53	2: 21	2: 49	3: 45	4: 41	5: 38
14:30	0: 54	1: 22	1: 49	2: 16	2: 43	3: 38	4: 32	5: 26
14:00	0: 53	1: 19	1: 45	2: 11	2: 38	3: 30	4: 23	5: 15
13:30	0: 51	1: 16	1: 41	2: 07	2: 32	3: 23	4: 13	5: 04
13:00	0: 49	1: 13	1: 38	2: 02	2: 26	3: 15	4: 04	4: 53
12:30	0: 47	1: 10	1: 34	1: 57	2: 21	3: 08	3: 54	4: 41
12:00	0: 45	1: 08	1: 30	1: 53	2: 15	3: 00	3: 45	4: 30
11:40	0: 44	1: 06	1: 28	1: 49	2: 11	2: 55	3: 39	4: 22
11:20	0: 43	1: 04	1: 25	1: 46	2: 08	2: 50	3: 33	4: 15
11:00	0: 41	1: 02	1: 23	1: 43	2: 04	2: 45	3: 26	4: 07
10:40	0: 40	1: 00	1: 20	1: 40	2: 00	2: 40	3: 20	4: 00
10:20	0: 39	0: 58	1: 18	1: 37	1: 56	2: 35	3: 14	3: 52
10:00	0: 38	0: 56	1: 15	1: 34	1: 53	2: 30	3: 07	3: 45
9:40	0: 36	0: 54	1: 13	1: 31	1: 49	2: 25	3: 01	3: 37
9:20	0: 35	0: 53	1: 10	1: 28	1: 45	2: 20	2: 55	3: 30
9:00	0: 34	0: 51	1: 07	1: 24	1: 41	2: 15	2: 49	3: 22