

ENDURANCE **PERFORMANCE EQUIVALENCY CHART**

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RACE TIME:

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

WORKOUT PACE:

(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) 200	35	34.5	34.5	34	34	33.5	33.5	33	33	32.5	32.5	32	32
(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

ENDURANCE **PERFORMANCE EQUIVALENCY CHART**

RACE TIME:

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

WORKOUT PACE:

(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) 200	38	37.5	37.5	37	37	36.5	36.5	36	36	35.5	35.5	35	35
(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

ENDURANCE **PERFORMANCE EQUIVALENCY CHART**

RACE TIME:

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	11:36	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

WORKOUT PACE:

(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) 200	41.5	41	40.5	40.5	40	40	39.5	39.5	39	39	38.5	38.5	38
(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

ENDURANCE **PERFORMANCE EQUIVALENCY CHART**

RACE TIME:

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

WORKOUT PACE:

(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) 200	44.5	44	43.5	43.5	43.5	43	43	42.5	42.5	42	42	41.5	41.5
(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	8:14-8:34	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

ENDURANCE PERFORMANCE EQUIVALENCY CHART

RACE TIME:

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

WORKOUT PACE:

(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) 200	51	50.5	50	49.5	49	48.5	48	47.5	47	46.5	46	45.5	45
(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