

SPEED **PERFORMANCE EQUIVALENCY CHART**

Performance equivalences based on 400m race time.

RACE TIME:

*300m	45.75	45	44.25	43.5	42.75	42	41.25	40.5	39.75	39	38.25	37.5	36.75
400m	61	60	59	58	57	56	55	54	53	52	51	50	49

WORKOUT PACE:

(600m) 180	29	28.5	28	27.5	27	26.5	26	26	25.5	25	24.5	24	24
(600m) 200	32.5	32	31.5	31	30.5	30	29.5	29	28.5	28	27.5	27	26.5
(800m) 150	26	26	25.5	25	24.5	24	24	23.5	23	23	22.5	22	22
(800m) 180	31	31	30.5	30	29.5	29	28.5	28	27.5	27	26.5	26	25.5
(800m) 200	35	34.5	34	33.5	33	32.5	32	31.5	31	30.5	30	29.5	29
(1600m) 100	20	19.5	19.5	19	19	18.5	18.5	18	18	17.5	17.5	17	17
(1600m) 200	40	39.5	39	38.5	38	37.5	37	36.5	36	35.5	35	34.5	34
(1600m) 300	60	59	58.5	57.5	57	56	55.5	54.5	54	53	53.5	53	52.5
(3200m) 300	68	67.5	66.5	66	65	65.5	64	63	62	61.5	60.5	60	59.5
(3200m) 400	91	90	89	88	87	86	85	84	83	82	81	80	79
(3200m) 500	1:54	1:52.5	1:51.5	1:50	1:48.5	1:47.5	1:46.5	1:45	1:44	1:42.5	1:41	1:40	1:38.5
(3200m) 600	2:17	2:15.5	2:14	2:12.5	2:11	2:09	2:08	2:06.5	2:05	2:03.5	2:02	2:00	1:57.5

SPEED PERFORMANCE EQUIVALENCY CHART

Performance equivalences based on 400m race time.

RACE TIME:

*300m	58.5	57	55.5	54	52.5	51.75	51	50.25	49.5	48.75	48	47.25	46.5
400m	78	76	74	72	70	69	68	67	66	65	64	63	62

WORKOUT PACE:

(600m) 180	35.5	35	34	33	32.5	32	31.5	31.5	31	31	30.5	30	29.5
(600m) 200	40	39	38	37	36.5	36	35.5	35	34.5	34	34	33.5	33
(800m) 150	32	31	30.5	29.5	29	29	28.5	28	27.5	27.5	27	27	26.5
(800m) 180	38	37	36	35	34.5	34.5	34	33.5	33	32.5	32	32	31.5
(800m) 200	42.5	41.5	40.5	39.5	39	38.5	38	37.5	37	36.5	36	36	35.5
(1600m) 100	23	22	22	21.5	21.5	21.5	21	21	20.5	20.5	20.5	20.5	20
(1600m) 200	46	44	44	43.5	43	43	42.5	42	41.5	41	41	41	40.5
(1600m) 300	69	66.5	66	66	65.5	65.5	64.5	63	62	61.5	61.5	61.5	60.5
(3200m) 300	75	75	74	73	72.5	72	72	71	70	70	69.5	69.5	69
(3200m) 400	1:40	1:40	99	98	97	96	96	95	94	94	93	93	92
(3200m) 500	2:05	2:05	2:04	2:02.5	2:01.5	2:00	2:00	1:58	1:57	1:57	1:56.5	1:56.5	1:55
(3200m) 600	2:30.5	2:30.5	2:29	2:27.5	2:26	2:24	2:24	2:22	2:21	2:21	2:20	2:20	2:18.5