

### RACE PERFORMANCE EQUIVALENCY CHART:

<b>400m</b>	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
<b>800m</b>	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
<b>1600m</b>	<b>4:39</b>	<b>4:37</b>	<b>4:35</b>	<b>4:33</b>	<b>4:31</b>	<b>4:29</b>	<b>4:27</b>	<b>4:25</b>	<b>4:23</b>	<b>4:21</b>	<b>4:19</b>	<b>4:17</b>	<b>4:15</b>
<b>3200m</b>	<b>9:58</b>	<b>9:54</b>	<b>9:49</b>	<b>9:45</b>	<b>9:41</b>	<b>9:37</b>	<b>9:32</b>	<b>9:28</b>	<b>9:24</b>	<b>9:19</b>	<b>9:15</b>	<b>9:11</b>	<b>9:07</b>
<b>5k</b>	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
<b>10k</b>	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
<b>20k</b>	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:

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

### RACE PERFORMANCE EQUIVALENCY CHART:

<b>400m</b>	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
<b>800m</b>	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
<b>1600m</b>	<b>5:05</b>	<b>5:03</b>	<b>5:01</b>	<b>4:59</b>	<b>4:57</b>	<b>4:55</b>	<b>4:53</b>	<b>4:51</b>	<b>4:49</b>	<b>4:47</b>	<b>4:45</b>	<b>4:43</b>	<b>4:41</b>
<b>3200m</b>	<b>10:53</b>	<b>10:49</b>	<b>10:45</b>	<b>10:40</b>	<b>10:36</b>	<b>10:32</b>	<b>10:28</b>	<b>10:23</b>	<b>10:19</b>	<b>10:14</b>	<b>10:11</b>	<b>10:06</b>	<b>10:02</b>
<b>5k</b>	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
<b>10k</b>	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
<b>20k</b>	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:

<b>(800m) 200</b>	34.5	34	34	33.5	33.5	33	33	32.5	32.5	32.5	32	32	31.5
<b>(800m) 300</b>	51.5	51	51	50.5	50.5	50	49.5	49	48.5	48.5	48	48	47.5
<b>(800m) 400</b>	68.5	68	68	67.5	67	66.5	66	65.5	65	65.5	65	64	63.5
<b>(1600m) 150</b>	28	28	28	27.5	27.5	27.5	27	27	27	26.5	26.5	26	26
<b>(1600m) 200</b>	38	37.5	37.5	37	37	36.5	36.5	36	36	35.5	35.5	35	35
<b>(1600m) 250</b>	46	45.5	45.5	45	45	44.5	44	44	43.5	43	43	42.5	42.5
<b>(1600m) 300</b>	56.5	56	56	55.5	55	54.5	54.5	54	53.5	53	53	52.5	52
<b>(1600m) 400</b>	75.5	75	74.5	74	73.5	73	72.5	72	71.5	71	70.5	70	69.5
<b>(3200m) 200</b>	40.5	40.5	40	40	39.5	39.5	39	39	38.5	38.5	38	37.5	37.5
<b>(3200m) 400</b>	81.5	81	80.5	80	79.5	79	78.5	78	77	76.5	76	75.5	75
<b>(5k) 400</b>	84.5	84	83.5	83	82.5	82	81.5	81	80	79.5	79	78.5	78
<b>(10k) 400</b>	88.5	88	87.5	87	86.5	86	85	84.5	84	83.5	83	82.5	82
<b>(20k) 400</b>	94	93	92.5	92	91.5	91	90.5	89.5	89	88.5	88	87.5	87
<b>LSD 1600</b>	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

### RACE PERFORMANCE EQUIVALENCY CHART:

<b>400m</b>	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
<b>800m</b>	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
<b>1600m</b>	<b>5:31</b>	<b>5:29</b>	<b>5:27</b>	<b>5:25</b>	<b>5:23</b>	<b>5:21</b>	<b>5:19</b>	<b>5:17</b>	<b>5:15</b>	<b>5:13</b>	<b>5:11</b>	<b>5:09</b>	<b>5:07</b>
<b>3200m</b>	<b>11:49</b>	<b>11:45</b>	<b>11:40</b>	<b>11:26</b>	<b>11:32</b>	<b>11:27</b>	<b>11:23</b>	<b>11:19</b>	<b>11:15</b>	<b>11:10</b>	<b>11:06</b>	<b>11:02</b>	<b>10:58</b>
<b>5k</b>	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
<b>10k</b>	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
<b>20k</b>	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:

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

### RACE PERFORMANCE EQUIVALENCY CHART:

<b>400m</b>	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
<b>800m</b>	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
<b>1600m</b>	<b>5:57</b>	<b>5:55</b>	<b>5:53</b>	<b>5:51</b>	<b>5:49</b>	<b>5:47</b>	<b>5:45</b>	<b>5:43</b>	<b>5:41</b>	<b>5:39</b>	<b>5:37</b>	<b>5:35</b>	<b>5:33</b>
<b>3200m</b>	<b>12:44</b>	<b>12:40</b>	<b>12:36</b>	<b>12:31</b>	<b>12:27</b>	<b>12:23</b>	<b>12:19</b>	<b>12:14</b>	<b>12:10</b>	<b>12:06</b>	<b>12:02</b>	<b>11:57</b>	<b>11:53</b>
<b>5k</b>	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
<b>10k</b>	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
<b>20k</b>	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:

<b>(800m) 200</b>	40.5	40	39.5	39.5	39.5	39	39	38.5	38.5	38	38	37.5	37.5
<b>(800m) 300</b>	60.5	60	59.5	59	59	58.5	58	58	57.5	57	57	56.5	56.5
<b>(800m) 400</b>	81	80	79.5	79	79	78.5	78	77.5	77	76.5	76	75.5	75
<b>(1600m) 150</b>	33.5	33	32.5	32.5	32.5	32.5	32	32	31.5	31.5	31.5	31	31
<b>(1600m) 200</b>	44.5	44	43.5	43.5	43.5	43	43	42.5	42.5	42	42	41.5	41.5
<b>(1600m) 250</b>	54	53.5	53	53	52.5	52.5	52	52	51.5	51	51	50.5	50
<b>(1600m) 300</b>	67	66.5	65.5	65.5	65	65	64.5	64	63.5	63	63	62.5	62
<b>(1600m) 400</b>	89	88.5	87.5	87	87	86.5	86	85.5	85	84.5	84	83.5	83
<b>(3200m) 200</b>	47.5	47.5	47	47	46.5	46	46	45.5	45.5	45	45	44.5	44.5
<b>(3200m) 400</b>	95.5	95	94.5	94	93	92.5	92	91.5	91	90.5	90	89.5	89
<b>(5k) 400</b>	98.5	98	97.5	97	96.5	96	95.5	95	94.5	94	93.5	93	92.5
<b>(10k) 400</b>	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
<b>(20k) 400</b>	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
<b>LSD 1600</b>	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

### RACE PERFORMANCE EQUIVALENCY CHART:

<b>400m</b>	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
<b>800m</b>	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
<b>1600m</b>	<b>6:49</b>	<b>6:45</b>	<b>6:41</b>	<b>6:37</b>	<b>6:33</b>	<b>6:29</b>	<b>6:25</b>	<b>6:21</b>	<b>6:17</b>	<b>6:13</b>	<b>6:09</b>	<b>6:05</b>	<b>6:01</b>
<b>3200m</b>	<b>14:35</b>	<b>14:27</b>	<b>14:18</b>	<b>14:10</b>	<b>14:01</b>	<b>13:53</b>	<b>13:44</b>	<b>13:36</b>	<b>13:27</b>	<b>13:18</b>	<b>13:10</b>	<b>13:01</b>	<b>12:53</b>
<b>5k</b>	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
<b>10k</b>	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
<b>20k</b>	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:

<b>(800m) 200</b>	46	45.5	45	44.5	44	44	43.5	43	42.5	42	41.5	41	40.5
<b>(800m) 300</b>	69	68.5	67.5	67	66.5	65.5	65	64.5	63.5	63	62	61.5	61
<b>(800m) 400</b>	92	91	90	89.5	89	88	87	86	85	84	83	82	81.5
<b>(1600m) 150</b>	38	38	37.5	37	36.5	36	36	35.5	35	34.5	34	34	33.5
<b>(1600m) 200</b>	51	50.5	50	49.5	49	48.5	48	47.5	47	46.5	46	45.5	45
<b>(1600m) 250</b>	61.5	61	60.5	60	59.5	59	58	57.5	57	56	55.5	55	54.5
<b>(1600m) 300</b>	76.5	75.5	74.5	74	73.5	72.5	72	71	70.5	69.5	69	68	67
<b>(1600m) 400</b>	1:42	1:41	1:40	99	98	97	96	95	94	93	92	91	90
<b>(3200m) 200</b>	54.5	54	53.5	53	52.5	52	51.5	51	50.5	50	49.5	49	48.5
<b>(3200m) 400</b>	1:49	1:48	1:47	1:46	1:45	1:44	1:43	1:42	1:41	1:40	99	98	97
<b>(5k) 400</b>	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
<b>(10k) 400</b>	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
<b>(20k) 400</b>	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
<b>LSD 1600</b>	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