

# ENDURANCE **PERFORMANCE EQUIVALENCY CHART**

**1**

## RACE TIME:

<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

## WORKOUT PACE:

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

# ENDURANCE **PERFORMANCE EQUIVALENCY CHART**

**2**

## RACE TIME:

<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

## WORKOUT PACE:

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

# ENDURANCE **PERFORMANCE EQUIVALENCY CHART**

**3**

## RACE TIME:

<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>11:36</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

## WORKOUT PACE:

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

# ENDURANCE **PERFORMANCE EQUIVALENCY CHART**

**4**

## RACE TIME:

<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

## WORKOUT PACE:

<b>200 @800</b>	40.5	40	39.5	39.5	39.5	39	39	38.5	38.5	38	38	37.5	37.5
<b>300 @800</b>	60.5	60	59.5	59	59	58.5	58	58	57.5	57	57	56.5	56.5
<b>400 @800</b>	<b>81</b>	<b>80</b>	<b>79.5</b>	<b>79</b>	<b>79</b>	<b>78.5</b>	<b>78</b>	<b>77.5</b>	<b>77</b>	<b>76.5</b>	<b>76</b>	<b>75.5</b>	<b>75</b>
<b>200 @1600</b>	44.5	44	43.5	43.5	43.5	43	43	42.5	42.5	42	42	41.5	41.5
<b>300 @1600</b>	67	66.5	65.5	65.5	65	65	64.5	64	63.5	63	63	62.5	62
<b>400 @1600</b>	<b>89</b>	<b>88.5</b>	<b>87.5</b>	<b>87</b>	<b>87</b>	<b>86.5</b>	<b>86</b>	<b>85.5</b>	<b>85</b>	<b>84.5</b>	<b>84</b>	<b>83.5</b>	<b>83</b>
<b>200 @3200</b>	47.5	47.5	47	47	46.5	46	46	45.5	45.5	45	45	44.5	44.5
<b>400 @3200</b>	<b>95.5</b>	<b>95</b>	<b>94.5</b>	<b>94</b>	<b>93</b>	<b>92.5</b>	<b>92</b>	<b>91.5</b>	<b>91</b>	<b>90.5</b>	<b>90</b>	<b>89.5</b>	<b>89</b>
<b>400 @5k</b>	<b>98.5</b>	<b>98</b>	<b>97.5</b>	<b>97</b>	<b>96.5</b>	<b>96</b>	<b>95.5</b>	<b>95</b>	<b>94.5</b>	<b>94</b>	<b>93.5</b>	<b>93</b>	<b>92.5</b>
<b>400 @10k</b>	<b>1:45</b>	<b>1:44</b>	<b>1:43</b>	<b>1:42.5</b>	<b>1:42</b>	<b>1:41.5</b>	<b>1:41</b>	<b>1:40.5</b>	<b>1:40</b>	<b>99</b>	<b>98.5</b>	<b>98</b>	<b>97.5</b>
<b>400 @20k</b>	<b>1:49.5</b>	<b>1:49</b>	<b>1:48.5</b>	<b>1:48</b>	<b>1:47</b>	<b>1:46.5</b>	<b>1:46</b>	<b>1:45.5</b>	<b>1:44.5</b>	<b>1:44</b>	<b>1:43.5</b>	<b>1:43</b>	<b>1:42.5</b>
<b>1600 @LSD</b>	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

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## RACE TIME:

<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

## WORKOUT PACE:

<b>200 @800</b>	46	45.5	45	44.5	44	44	43.5	43	42.5	42	41.5	41	40.5
<b>300 @800</b>	69	68.5	67.5	67	66.5	65.5	65	64.5	63.5	63	62	61.5	61
<b>400 @800</b>	<b>92</b>	<b>91</b>	<b>90</b>	<b>89.5</b>	<b>89</b>	<b>88</b>	<b>87</b>	<b>86</b>	<b>85</b>	<b>84</b>	<b>83</b>	<b>82</b>	<b>81.5</b>
<b>200 @1600</b>	51	50.5	50	49.5	49	48.5	48	47.5	47	46.5	46	45.5	45
<b>300 @1600</b>	76.5	75.5	74.5	74	73.5	72.5	72	71	70.5	69.5	69	68	67
<b>400 @1600</b>	<b>1:42</b>	<b>1:41</b>	<b>1:40</b>	<b>99</b>	<b>98</b>	<b>97</b>	<b>96</b>	<b>95</b>	<b>94</b>	<b>93</b>	<b>92</b>	<b>91</b>	<b>90</b>
<b>200 @3200</b>	54.5	54	53.5	53	52.5	52	51.5	51	50.5	50	49.5	49	48.5
<b>400 @3200</b>	<b>1:49</b>	<b>1:48</b>	<b>1:47</b>	<b>1:46</b>	<b>1:45</b>	<b>1:44</b>	<b>1:43</b>	<b>1:42</b>	<b>1:41</b>	<b>1:40</b>	<b>99</b>	<b>98</b>	<b>97</b>
<b>400 @5k</b>	<b>1:54</b>	<b>1:53</b>	<b>1:52</b>	<b>1:51</b>	<b>1:49</b>	<b>1:48</b>	<b>1:47</b>	<b>1:46</b>	<b>1:45</b>	<b>1:44</b>	<b>1:43</b>	<b>1:42</b>	<b>1:41</b>
<b>400 @10k</b>	<b>1:58</b>	<b>1:57</b>	<b>1:56</b>	<b>1:56</b>	<b>1:55</b>	<b>1:54</b>	<b>1:53</b>	<b>1:51</b>	<b>1:50</b>	<b>1:49</b>	<b>1:48</b>	<b>1:47</b>	<b>1:46</b>
<b>400 @20k</b>	<b>2:05</b>	<b>2:04</b>	<b>2:02.5</b>	<b>2:01.5</b>	<b>2:00.5</b>	<b>1:59.5</b>	<b>1:58</b>	<b>1:56.5</b>	<b>1:55</b>	<b>1:54</b>	<b>1:53</b>	<b>1:51.5</b>	<b>1:50.5</b>
<b>1600 @LSD</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

# ENDURANCE PERFORMANCE EQUIVALENCY CHART

## RACE TIME:

<b>400m</b>	1:38.3	97.0	95.9	94.7	93.6	92.6	91.6	90.6	89.8	88.9	88.0	87.3	85.5
<b>800m</b>	3:35.8	3:33.1	3:30.5	3:28.0	3:25.6	3:23.3	3:21.1	3:19.0	3:17.1	3:15.2	3:13.3	3:11.6	3:07.8
<b>1600m</b>	7:57.7	7:51.6	7:45.9	7:40.3	7:35.1	7:29.9	7:25.2	7:20.5	7:16.3	7:14.8	7:07.8	7:04.0	6:55.5
<b>3200m</b>	16:55	16:42	16:30	16:18	16:07	15:56	15:46	15:36	15:27	15:18	15:09	15:01	14:43
<b>5k</b>	27.49	27.27	27.08	26:48	26:30	26:12	25:55	25:39	25:24	25:09	24.55	24:41	24:12

## WORKOUT PACE:

<b>200 @800</b>	53.5	53	52.5	52	51.5	51	50.5	49.5	49	49	48.5	48	47
<b>300 @800</b>	80.5	79	77.5	77.0	76.5	76	75.5	74.5	73.5	73	72.5	72	70
<b>400 @800</b>	1:47.5	1:46.5	1:45	1:44	1:43	1:42	1:41.5	99	98	97	96.5	96	93.5
<b>200 @1600</b>	59.5	59	58	57.5	57	56	55.5	55	54.5	54	53.5	53	52
<b>300 @1600</b>	89.5	88	87	86	85	84	83	82.5	81.5	81	80	79	78
<b>400 @1600</b>	1:59.5	1:58	1:56.5	1:55.5	1:54	1:53	1:52	1:50.5	1:49.5	1:48.5	1:47	1:46	1:44
<b>200 @3200</b>	63	62.5	61.5	61	60	59.5	59	58.5	58	57	56.5	56	55
<b>400 @3200</b>	2:07.5	2:06	2:04	2:02.5	2:01	1:59.5	1:58.5	1:57	1:56	1:55	1:54	1:53	1:51
<b>400 @5k</b>	2:14	2:12.5	2:11	2:09	2:07.5	2:06	2:04.5	2:03	2:02	2:01	1:59.5	1:58	1:56
<b>400 @10k</b>	2:19.5	2:18	2:17	2:15.5	2:14	2:12	2:09.5	2:08	2:07	2:06	2:03.5	2:02	2:01
<b>400 @20k</b>	2:28.5	2:26	2:23.5	2:22	2:21	2:19	2:18	2:16	2:15	2:14	2:12.5	2:11	2:07
<b>1600 @LSD</b>	10:12-10:32	10:05-10:25	9:58-10:18	9:51-10:11	9:46-10:06	9:39-9:59	9:33-9:53	9:28-9:48	9:22-9:42	9:17-9:37	9:11-9:31	9:07-9:27	8:57-9:17