

**Pace for interval training: 5K (approx. 3.12 miles)**

5000 pace	Distance							
	200	400	600	800	1000	1200	1600	2000
30: 00	1: 12	2: 24	3: 36	4: 48	6: 00	7: 12	9: 36	12: 00
29: 30	1: 11	2: 22	3: 32	4: 43	5: 54	7: 05	9: 26	11: 48
29: 00	1: 10	2: 19	3: 29	4: 38	5: 48	6: 58	9: 17	11: 36
28: 30	1: 08	2: 17	3: 25	4: 34	5: 42	6: 50	9: 07	11: 24
28: 00	1: 07	2: 14	3: 22	4: 29	5: 36	6: 43	8: 58	11: 12
27: 30	1: 06	2: 12	3: 18	4: 24	5: 30	6: 36	8: 48	11: 00
27: 00	1: 05	2: 10	3: 14	4: 19	5: 24	6: 29	8: 38	10: 48
26: 30	1: 04	2: 07	3: 11	4: 14	5: 18	6: 22	8: 29	10: 36
26: 00	1: 02	2: 05	3: 07	4: 10	5: 12	6: 14	8: 19	10: 24
25: 30	1: 01	2: 02	3: 04	4: 05	5: 06	6: 07	8: 10	10: 12
25: 00	1: 00	2: 00	3: 00	4: 00	5: 00	6: 00	8: 00	10: 00
24: 30	0: 59	1: 58	2: 56	3: 55	4: 54	5: 53	7: 50	9: 48
24: 00	0: 58	1: 55	2: 53	3: 50	4: 48	5: 46	7: 41	9: 36
23: 30	0: 56	1: 53	2: 49	3: 46	4: 42	5: 38	7: 31	9: 24
23: 00	0: 55	1: 50	2: 46	3: 41	4: 36	5: 31	7: 22	9: 12
22: 30	0: 54	1: 48	2: 42	3: 36	4: 30	5: 24	7: 12	9: 00
22: 00	0: 53	1: 46	2: 38	3: 31	4: 24	5: 17	7: 02	8: 48
21: 30	0: 52	1: 43	2: 35	3: 26	4: 18	5: 10	6: 53	8: 36
21: 00	0: 50	1: 41	2: 31	3: 22	4: 12	5: 02	6: 43	8: 24
20: 30	0: 49	1: 38	2: 28	3: 17	4: 06	4: 55	6: 34	8: 12
20: 00	0: 48	1: 36	2: 24	3: 12	4: 00	4: 48	6: 24	8: 00
19: 30	0: 47	1: 34	2: 20	3: 07	3: 54	4: 41	6: 14	7: 48
19: 00	0: 46	1: 31	2: 17	3: 02	3: 48	4: 34	6: 05	7: 36
18: 30	0: 44	1: 29	2: 13	2: 58	3: 42	4: 26	5: 55	7: 24
18: 00	0: 43	1: 26	2: 10	2: 53	3: 36	4: 19	5: 46	7: 12
17: 30	0: 42	1: 24	2: 06	2: 48	3: 30	4: 12	5: 36	7: 00
17: 00	0: 41	1: 22	2: 02	2: 43	3: 24	4: 05	5: 26	6: 48
16: 30	0: 40	1: 19	1: 59	2: 38	3: 18	3: 58	5: 17	6: 36
16: 00	0: 38	1: 17	1: 55	2: 34	3: 12	3: 50	5: 07	6: 24

**Pace for interval training: 4K (approx. 2.5 miles)**

4000 pace	Distance							
	200	300	400	600	800	1000	1200	1600
28: 00	1: 24	2: 06	2: 48	4: 12	5: 36	7: 00	8: 24	11: 12
27: 30	1: 23	2: 04	2: 45	4: 08	5: 30	6: 53	8: 15	11: 00
27: 00	1: 21	2: 01	2: 42	4: 03	5: 24	6: 45	8: 06	10: 48
26: 30	1: 20	1: 59	2: 39	3: 59	5: 18	6: 38	7: 57	10: 36
26: 00	1: 18	1: 57	2: 36	3: 54	5: 12	6: 30	7: 48	10: 24
25: 30	1: 17	1: 55	2: 33	3: 50	5: 06	6: 23	7: 39	10: 12
25: 00	1: 15	1: 53	2: 30	3: 45	5: 00	6: 15	7: 30	10: 00
24: 30	1: 14	1: 50	2: 27	3: 41	4: 54	6: 08	7: 21	9: 48
24: 00	1: 12	1: 48	2: 24	3: 36	4: 48	6: 00	7: 12	9: 36
23: 30	1: 11	1: 46	2: 21	3: 32	4: 42	5: 53	7: 03	9: 24
23: 00	1: 09	1: 44	2: 18	3: 27	4: 36	5: 45	6: 54	9: 12
22: 30	1: 08	1: 41	2: 15	3: 23	4: 30	5: 38	6: 45	9: 00
22: 00	1: 06	1: 39	2: 12	3: 18	4: 24	5: 30	6: 36	8: 48
21: 30	1: 05	1: 37	2: 09	3: 14	4: 18	5: 23	6: 27	8: 36
21: 00	1: 03	1: 35	2: 06	3: 09	4: 12	5: 15	6: 18	8: 24
20: 30	1: 02	1: 32	2: 03	3: 05	4: 06	5: 08	6: 09	8: 12
20: 00	1: 00	1: 30	2: 00	3: 00	4: 00	5: 00	6: 00	8: 00
19: 30	0: 59	1: 28	1: 57	2: 56	3: 54	4: 53	5: 51	7: 48
19: 00	0: 57	1: 26	1: 54	2: 51	3: 48	4: 45	5: 42	7: 36
18: 30	0: 56	1: 23	1: 51	2: 47	3: 42	4: 38	5: 33	7: 24
18: 00	0: 54	1: 21	1: 48	2: 42	3: 36	4: 30	5: 24	7: 12
17: 30	0: 53	1: 19	1: 45	2: 38	3: 30	4: 23	5: 15	7: 00
17: 00	0: 51	1: 17	1: 42	2: 33	3: 24	4: 15	5: 06	6: 48
16: 30	0: 50	1: 14	1: 39	2: 29	3: 18	4: 08	4: 57	6: 36
16: 00	0: 48	1: 12	1: 36	2: 24	3: 12	4: 00	4: 48	6: 24
15: 30	0: 47	1: 10	1: 33	2: 20	3: 06	3: 53	4: 39	6: 12
15: 00	0: 45	1: 08	1: 30	2: 15	3: 00	3: 45	4: 30	6: 00
14: 30	0: 44	1: 05	1: 27	2: 11	2: 54	3: 38	4: 21	5: 48
14: 00	0: 42	1: 03	1: 24	2: 06	2: 48	3: 30	4: 12	5: 36

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

3200m pace	Distance							
	200	300	400	600	800	1000	1200	1600
22:00	1: 23	2: 04	2: 45	4: 08	5: 30	6: 53	8: 15	11: 00
21:30	1: 21	2: 01	2: 41	4: 02	5: 23	6: 43	8: 04	10: 45
21:00	1: 19	1: 58	2: 38	3: 56	5: 15	6: 34	7: 53	10: 30
20:30	1: 17	1: 55	2: 34	3: 51	5: 08	6: 24	7: 41	10: 15
20:00	1: 15	1: 53	2: 30	3: 45	5: 00	6: 15	7: 30	10: 00
19:30	1: 13	1: 50	2: 26	3: 39	4: 53	6: 06	7: 19	9: 45
19:00	1: 11	1: 47	2: 23	3: 34	4: 45	5: 56	7: 08	9: 30
18:30	1: 09	1: 44	2: 19	3: 28	4: 38	5: 47	6: 56	9: 15
18:00	1: 08	1: 41	2: 15	3: 23	4: 30	5: 38	6: 45	9: 00
17:30	1: 06	1: 38	2: 11	3: 17	4: 23	5: 28	6: 34	8: 45
17:00	1: 04	1: 36	2: 08	3: 11	4: 15	5: 19	6: 23	8: 30
16:30	1: 02	1: 33	2: 04	3: 06	4: 08	5: 09	6: 11	8: 15
16:00	1: 00	1: 30	2: 00	3: 00	4: 00	5: 00	6: 00	8: 00
15:30	0: 58	1: 27	1: 56	2: 54	3: 53	4: 51	5: 49	7: 45
15:00	0: 56	1: 24	1: 53	2: 49	3: 45	4: 41	5: 38	7: 30
14:30	0: 54	1: 22	1: 49	2: 43	3: 38	4: 32	5: 26	7: 15
14:00	0: 53	1: 19	1: 45	2: 38	3: 30	4: 23	5: 15	7: 00
13:30	0: 51	1: 16	1: 41	2: 32	3: 23	4: 13	5: 04	6: 45
13:00	0: 49	1: 13	1: 38	2: 26	3: 15	4: 04	4: 53	6: 30
12:30	0: 47	1: 10	1: 34	2: 21	3: 08	3: 54	4: 41	6: 15
12:00	0: 45	1: 08	1: 30	2: 15	3: 00	3: 45	4: 30	6: 00
11:30	0: 43	1: 05	1: 26	2: 09	2: 53	3: 36	4: 19	5: 45
11:00	0: 41	1: 02	1: 23	2: 04	2: 45	3: 26	4: 08	5: 30
10:30	0: 39	0: 59	1: 19	1: 58	2: 38	3: 17	3: 56	5: 15