

Distance

Based on 2 Mile Time trial

Level	Rest	Threshold Pace			VO2max Times				
		None	None	15-30Sec	Same Time Recovery (Work time = Rest time)				
					AT	Tempo	LT	600M	800M
9	09:13	04:03	03:31	03:16	01:43	02:17	02:52	03:26	04:36
10	09:18	04:06	03:33	03:18	01:44	02:19	02:53	03:28	04:39
11	09:26	04:09	03:36	03:21	01:46	02:21	02:56	03:31	04:43
12	09:34	04:13	03:39	03:24	01:47	02:23	02:58	03:34	04:47
13	09:42	04:16	03:42	03:27	01:49	02:25	03:01	03:37	04:51
14	09:50	04:20	03:45	03:30	01:50	02:27	03:03	03:40	04:55
15	09:58	04:23	03:48	03:32	01:51	02:29	03:06	03:43	04:59
16	10:06	04:27	03:51	03:35	01:53	02:31	03:08	03:46	05:03
17	10:14	04:30	03:54	03:38	01:54	02:33	03:11	03:49	05:07
18	10:22	04:34	03:57	03:41	01:56	02:35	03:13	03:52	05:11
19	10:31	04:38	04:00	03:44	01:58	02:37	03:16	03:55	05:16
20	10:38	04:41	04:03	03:47	01:59	02:39	03:18	03:58	05:19
21	10:47	04:45	04:07	03:50	02:01	02:41	03:21	04:01	05:24
22	10:55	04:48	04:10	03:53	02:02	02:43	03:24	04:04	05:28
23	11:03	04:52	04:13	03:55	02:04	02:45	03:26	04:07	05:32
24	11:11	04:55	04:16	03:58	02:05	02:47	03:29	04:10	05:35
25	11:19	04:59	04:19	04:01	02:07	02:49	03:31	04:13	05:39
26	11:27	05:02	04:22	04:04	02:08	02:51	03:33	04:16	05:43
27	11:35	05:06	04:25	04:07	02:10	02:53	03:36	04:19	05:47
28	11:43	05:09	04:28	04:10	02:11	02:55	03:38	04:22	05:51
29	11:51	05:13	04:31	04:12	02:13	02:57	03:41	04:25	05:55
30	11:59	05:16	04:34	04:15	02:14	02:59	03:43	04:28	06:00
31	12:07	05:20	04:37	04:18	02:16	03:01	03:46	04:31	06:04
32	12:16	05:24	04:40	04:21	02:17	03:03	03:49	04:34	06:08
33	12:24	05:27	04:44	04:24	02:19	03:05	03:51	04:37	06:12
34	12:32	05:31	04:47	04:27	02:20	03:07	03:54	04:40	06:16
35	12:40	05:35	04:50	04:30	02:22	03:09	03:56	04:43	06:20
36	12:48	05:38	04:53	04:33	02:23	03:11	03:59	04:46	06:24
37	12:56	05:42	04:56	04:36	02:25	03:13	04:01	04:49	06:28
38	13:04	05:45	04:59	04:38	02:26	03:15	04:04	04:52	06:32
39	13:12	05:49	05:02	04:41	02:28	03:17	04:06	04:55	06:36
40	13:20	05:52	05:05	04:44	02:29	03:19	04:09	04:58	06:40
41	13:28	05:56	05:08	04:47	02:31	03:21	04:11	05:01	06:44
42	13:36	05:59	05:11	04:50	02:32	03:23	04:14	05:04	06:48
43	13:44	06:03	05:14	04:53	02:34	03:25	04:16	05:07	06:52
44	13:52	06:06	05:17	04:55	02:35	03:27	04:19	05:10	06:56
45	14:00	06:10	05:20	04:58	02:37	03:29	04:21	05:13	07:00
46	14:08	06:13	05:23	05:01	02:38	03:31	04:24	05:16	07:04
47	14:17	06:17	05:27	05:04	02:40	03:33	04:26	05:20	07:09
48	14:25	06:21	05:30	05:07	02:41	03:35	04:29	05:23	07:13
49	14:33	06:24	05:33	05:10	02:43	03:37	04:31	05:26	07:17
50	14:41	06:28	05:36	05:13	02:44	03:39	04:34	05:29	07:21
51	14:49	06:31	05:39	05:16	02:46	03:41	04:36	05:32	07:25
52	14:58	06:35	05:42	05:19	02:47	03:43	04:39	05:35	07:29
53	15:06	06:39	05:45	05:22	02:49	03:45	04:42	05:38	07:33
54	15:14	06:42	05:48	05:25	02:50	03:47	04:44	05:41	07:37
55	15:22	06:46	05:51	05:27	02:52	03:49	04:47	05:44	07:41
56	15:30	06:49	05:54	05:30	02:53	03:51	04:49	05:47	07:45
57	15:38	06:53	05:57	05:33	02:55	03:53	04:51	05:50	07:49
58	15:46	06:57	06:01	05:36	02:56	03:55	04:54	05:53	07:53
59	15:55	07:00	06:04	05:39	02:58	03:57	04:57	05:56	07:57
60	16:04	07:04	06:07	05:42	03:00	04:00	04:59	05:59	08:02
61	16:12	07:08	06:11	05:45	03:01	04:02	05:02	06:03	08:06
62	16:21	07:12	06:14	05:48	03:03	04:04	05:05	06:06	08:10
63	16:30	07:16	06:17	05:51	03:05	04:06	05:08	06:09	08:15
64	16:39	07:20	06:21	05:55	03:06	04:08	05:10	06:12	08:19
65	16:48	07:24	06:24	05:58	03:08	04:11	05:13	06:15	08:24
66	16:57	07:28	06:27	06:01	03:10	04:13	05:16	06:19	08:28
67	17:12	07:34	06:33	06:06	03:12	04:17	05:21	06:25	08:36
68	17:28	07:41	06:39	06:12	03:15	04:20	05:26	06:31	08:44
69	17:43	07:48	06:45	06:18	03:18	04:24	05:30	06:36	08:52
70	17:59	07:55	06:51	06:23	03:21	04:28	05:35	06:42	09:00
71	18:15	08:02	06:57	06:29	03:24	04:32	05:40	06:48	09:08
72	18:32	08:09	07:04	06:35	03:27	04:36	05:45	06:55	09:16
73	18:48	08:17	07:10	06:41	03:30	04:41	05:51	07:01	09:24
74	19:05	08:24	07:17	06:47	03:34	04:45	05:56	07:07	09:33
75	19:23	08:32	07:23	06:53	03:37	04:49	06:01	07:14	09:41
76	19:40	08:39	07:30	06:59	03:40	04:53	06:07	07:20	09:50
77	19:58	08:47	07:36	07:05	03:43	04:58	06:12	07:27	09:59
78	20:16	08:55	07:43	07:12	03:47	05:02	06:18	07:33	10:08
79	20:34	09:03	07:50	07:18	03:50	05:07	06:23	07:40	10:17
80	20:52	09:11	07:57	07:25	03:54	05:11	06:29	07:47	10:26
81	21:11	09:20	08:04	07:31	03:57	05:16	06:35	07:54	10:36
82	21:30	09:28	08:12	07:38	04:01	05:21	06:41	08:01	10:45
83	21:50	09:36	08:19	07:45	04:04	05:26	06:47	08:08	10:55
84	22:09	09:45	08:27	07:52	04:08	05:30	06:53	08:16	11:05
85	22:29	09:54	08:34	07:59	04:12	05:35	06:59	08:23	11:15
86	22:49	10:03	08:42	08:06	04:15	05:40	07:06	08:31	11:25
87	23:10	10:12	08:50	08:14	04:19	05:46	07:12	08:38	11:35
88	23:31	10:21	08:58	08:21	04:23	05:51	07:18	08:46	11:45
89	23:52	10:30	09:06	08:29	04:27	05:56	07:25	08:54	11:56
90	24:13	10:40	09:14	08:36	04:31	06:01	07:32	09:02	12:07
91	24:35	10:49	09:22	08:44	04:35	06:07	07:38	09:10	12:18
92	24:57	10:59	09:31	08:52	04:39	06:12	07:45	09:18	12:29
93	25:20	11:09	09:39	09:00	04:43	06:18	07:52	09:27	12:40
94	25:43	11:19	09:48	09:08	04:48	06:24	07:59	09:35	12:51
95	26:06	11:29	09:57	09:16	04:52	06:29	08:07	09:44	13:03
96	26:29	11:40	10:06	09:24	04:56	06:35	08:14	09:53	13:15
97	26:53	11:50	10:15	09:33	05:01	06:41	08:21	10:02	13:27
98	27:17	12:01	10:24	09:41	05:05	06:47	08:29	10:11	13:39
99	27:42	12:11	10:33	09:50	05:10	06:53	08:36	10:20	13:51
100	28:07	12:22	10:43	09:59	05:15	06:59	08:44	10:29	14:03

Speed

Based on 400 Seasons best

Level	Rest	Speed		SE			SE1				SE2		
		4-5min	30-50m	4-5Min			3-4Min				5-6Min		
				80	100	120	150	200	250	300	400.0	500	600
50	100%	9.7	12.1	14.6	19.1	25.6	32.1	38.7	53	66	81		
51	100%	9.9	12.4	14.9	19.5	26.2	32.7	39.4	54	68	82		
52	100%	10.1	12.6	15.1	19.9	26.7	33.3	40.2	55	69	84		
53	100%	10.3	12.9	15.4	20.3	27.2	34.0	41.0	56	70	85		
54	100%	10.5	13.1	15.7	20.7	27.7	34.6	41.8	57	72	87		
55	100%	10.7	13.3	16.0	21.0	28.2	35.3	42.5	58	73	89		
56	100%	10.9	13.6	16.3	21.4	28.7	35.9	43.3	59	74	90		
57	100%	11.1	13.8	16.6	21.8	29.2	36.5	44.1	60	76	92		
58	100%	11.3	14.1	16.9	22.2	29.7	37.2	44.8	61	77	94		
59	100%	11.5	14.3	17.2	22.6	30.3	37.8	45.6	62	78	95		
60	100%	11.7	14.6	17.5	23.0	30.8	38.5	46.4	63	80	97		
61	100%	11.8	14.8	17.8	23.3	31.3	39.1	47.2	64	81	98		
62	100%	12.0	15.0	18.1	23.7	31.8	39.7	47.9	65	82	100		
63	100%	12.2	15.3	18.3	24.1	32.3	40.4	48.7	66	84	102		
64	100%	12.4	15.5	18.6	24.5	32.8	41.0	49.5	67	85	103		
65	100%	12.6	15.8	18.9	24.9	33.3	41.7	50.3	68	86	105		
66	100%	12.8	16.0	19.2	25.3	33.8	42.3	51.0	69	88	106		
67	100%	13.0	16.3	19.5	25.6	34.4	42.9	51.8	71	89	108		
68	100%	13.2	16.5	19.8	26.0	34.9	43.6	52.6	72	90	110		
69	100%	13.4	16.7	20.1	26.4	35.4	44.2	53.4	73	92	111		
70	100%	13.6	17.0	20.4	27	36	45	54	74	93	113		
72	100%	14.0	17.5	21.0	28	37	46	55	76	96	116		
74	100%	14.4</											