Distance

Based on 2 Mile Time trial

Speed

Based on 400 Seasons best

	Based on 2 Mile Time trial Based												d on 4	on 400 Seasons			
		Threshold Pace				VO2max Times						Speed	SE				
	Rest	None	None	15-30Sec		e Time Reco			· ·		Rest	4-5min		4-5Mir			3
	2 Mile Test	AT	Tempo	LT 03:16	600M	800M	1000M	1200M	1 Mile	Level	400	30-50m	80	100	14.6		200
9	09:13 09:18	04:03 04:06	03:31 03:33	03:16 03:18	01:43 01:44	02:17 02:19	02:52 02:53	03:26 03:28	04:36 04:39		50 51	100% 100%	9.7	12.1 12.4	14.6 14.9	19.1 19.5	25.6 26.2
11	09:26	04:09	03:36	03:21	01:46	02:21	02:56	03:31	04:43		52	100%	10.1	12.6	15.1	19.9	26.7
12	09:34	04:13		03:24	01:47	02:23	02:58	03:34	04:47		53	100%	10.3			20.3	
13	09:42	04:16	03:42	03:27	01:49	02:25	03:01	03:37	04:51		54	100%	10.5	13.1	15.7	20.7	27.7
14	09:50	04:20	03:45	03:30	01:50	02:27	03:03	03:40	04:55		55	100%	10.7	13.3	16.0	21.0	28.2
15 16	09:58 10:06	04:23 04:27	03:48 03:51	03:32 03:35	01:51 01:53	02:29 02:31	03:06 03:08	03:43 03:46	04:59 05:03		56 57	100% 100%	10.9 11.1	13.6 13.8	16.3 16.6	21.4	28.7 29.2
17	10:14	04:27	03:54	03:38	01:54	02:33	03:08	03:49	05:03		58	100%	11.1	14.1	16.9	22.2	29.2
18	10:22	04:34	03:57	03:41	01:56	02:35	03:13	03:52	05:11		59	100%	11.5			22.6	30.3
19	10:31	04:38	04:00	03:44	01:58	02:37	03:16	03:55	05:16		60	100%	11.7	14.6	17.5	23.0	30.8
20	10:38	04:41	04:03	03:47	01:59	02:39	03:18	03:58	05:19		61	100%	11.8	14.8		23.3	31.3
21	10:47	04:45	04:07	03:50	02:01	02:41	03:21	04:01	05:24		62	100%	12.0	15.0	18.1	23.7	31.8
22 23	10:55 11:03	04:48 04:52	04:10 04:13	03:53 03:55	02:02 02:04	02:43 02:45	03:24 03:26	04:04 04:07	05:28 05:32		63 64	100% 100%	12.2 12.4	15.3 15.5	18.3 18.6	24.1	32.3 32.8
24	11:11	04:55	04:16	03:58	02:05	02:47	03:29	04:10	05:35		65	100%	12.6	15.8	18.9	24.9	33.3
25	11:19	04:59	04:19	04:01	02:07	02:49	03:31	04:13	05:39		66	100%	12.8	16.0	19.2	25.3	33.8
26	11:27	05:02	04:22	04:04	02:08	02:51	03:33	04:16	05:43		67	100%	13.0			25.6	
27	11:35	05:06	04:25	04:07	02:10	02:53	03:36	04:19	05:47		68	100%	13.2	16.5	19.8	26.0	34.9
28	11:43	05:09	04:28	04:10	02:11	02:55	03:38	04:22	05:51		69	100%	13.4 13.6	16.7	20.1	26.4	35.4
29 30	11:51 11:59	05:13 05:16	04:31 04:34	04:12 04:15	02:13 02:14	02:57 02:59	03:41 03:43	04:25 04:28	05:55 06:00		70 72	100% 100%	14.0	17.0 17.5	20.4	27 28	36 37
31	12:07	05:20	04:37	04:18	02:14	03:01	03:46	04:28	06.00		74	100%	14.4	18.0	21.6	28	38
32	12:16	05:24	04:40	04:21	02:17	03:03	03:49	04:34	506:08		76	100%	14.8	18.4	22.1	29	39
33	12:24	05:27	04:44	04:24	02:19	03:05	03:51	04:37	206:⊈2		78	100%	15.1	18.9	22.7	30	40
34	12:32	05:31	04:47	04:27	02:20	03:07	03:54	04:40	06:46		80	100%	15.5	19.4	23.3	31	41
35	12:40	05:35	04:50	04:30	02:22	03:09	03:56	04:43	06:20		82	100%	15.9	19.9 20.4	23.9	31	42
36 37	12:48 12:56	05:38 05:42	04:53 04:56	04:33 04:36	02:23 02:25	03:11 03:13	03:59 04:01	04:46 04:49	06:24		84 86	100% 100%	16.3 16.7	20.4	25.0	32 33	43 44
38	13:04	05:45	04:59	04:38	02:26	03:15	04:01	04:52	S06:32		88	100%	17.1	21.4	25.6	34	45
39	13:12	05:49	05:02	04:41	02:28	03:17	04:06	04:55	506:56		90	100%	17.5	21.8	26.2	34	46
40	13:20	05:52			02:29	03:19	04:09	04:58	206:40		92	100%	17.9		26.8	35	
41	13:28	05:56	05:08	04:47	02:31	03:21	04:11	05:01	206.44		94	100%	18.3	22.8	27.4	36	48
42 43	13:36	05:59	05:11	04:50	02:32	03:23	04:14	05:04	06:48		96 98	100%	18.6	23.3	28.0	37	49
44	13:44 13:52	06:03 06:06	05:14 05:17	04:53 04:55	02:34 02:35	03:25 03:27	04:16 04:19	05:07 05:10	D6:52 D6:56		100	100% 100%	19.0 19.4	23.8 24.3	28.5 29.1	38 38	51 52
45	14:00	06:10	05:20	04:58	02:37	03:29	04:21	05:13	S07:00		102	100%	19.8	24.8	29.7	39	53
46	14:08	06:13	05:23	05:01	02:38	03:31	04:24	05:16	>07:02		104	100%	20.2			40	
47	14:17	06:17	05:27	05:04	02:40	03:33	04:26	05:20	207:09		106	100%	20.6	25.7	30.9	41	55
48	14:25	06:21	05:30	05:07	02:41	03:35	04:29	05:23	27.42		108	100%	21.0	26.2	31.5	41	56
49 50	14:33 14:41	06:24 06:28	05:33 05:36	05:10 05:13	02:43 02:44	03:37 03:39	04:31 04:34	05:26 05:29	07: ⊈6 07: ⊈0		110 112	100% 100%	21.4	26.7 27.2	32.0 32.6	42 43	57 58
51	14:49	06:31	05:39	05:16	02:44	03:41	04:36	05:32	S7:24		114	100%	22.1	27.7	33.2	44	59
52	14:58	06:35	05:42	05:19	02:47	03:43	04:39	05:35	>07-29 ≥		116	100%	22.5		33.8	44	
53	15:06	06:39	05:45	05:22	02:49	03:45	04:42	05:38	207:53		118	100%	22.9	28.6	34.4	45	61
54	15:14	06:42	05:48	05:25	02:50	03:47	04:44	05:41	207:3 5		120	100%	23.3	29.1	35.0	46	62
55	15:22	06:46	05:51	05:27	02:52	03:49	04:47	05:44	37.41		122	100%	23.7 24.1	29.6 30.1	35.5	47	63
56 57	15:30 15:38	06:49 06:53	05:54 05:57	05:30 05:33	02:53 02:55	03:51 03:53	04:49 04:51	05:47 05:50	07:45		124 126	100% 100%	24.1	30.1	36.1 36.7	47 48	64 65
58	15:46	06:57	06:01	05:36	02:56	03:55	04:54	05:53	507:53		128	100%	24.9	31.1	37.3	49	66
59	15:55	07:00	06:04	05:39	02:58	03:57	04:57	05:56	>07:5\		130	100%	25.2	31.6	37.9	50	67
60	16:04	07:04	06:07	05:42	03:00	04:00	04:59	05:59			132	100%	25.6	32.0	38.4	51	68
61	16:12	07:08	06:11	05:45	03:01	04:02	05:02	06:03	08:06		134	100%	26.0	32.5	39.0	51	69
62 63	16:21 16:30	07:12 07:16	06:14 06:17	05:48 05:51	03:03 03:05	04:04 04:06	05:05 05:08	09:00	08: 40 08: 45		136 138	100% 100%	26.4 26.8	33.0 33.5	39.6 40.2	52 53	70 71
64	16:39	07:10	06:21	05:55	03:06	04:08	05:10	506.42	38.49		140	100%	27.2	34.0	40.2	54	72
65	16:48	07:24	06:24	05:58	03:08	04:11	05:13	00:16	∑08.2 4		142	100%	27.6	34.5	41.4	54	73
66	16:57	07:28	06:27	06:01	03:10	04:13	05:16	D6:49			144	100%	28.0			55	
67	17:12	07:34	06:33	06:06	03:12	04:17	05:21	206:25	08:36		146	100%	28.3	35.4	42.5	56	75
68 69	17:28 17:43	07:41 07:48	06:39 06:45	06:12 06:18	03:15 03:18	04:20 04:24	05:26 05:30	08:31	08:44		148 150	100% 100%	28.7 29.1	35.9 36.4	43.1 43.7	57 57	76 77
70	17:43	07:48	06:45	06:18	03:18	04:24	05:30	506:42	39.90		130	100%	23.1	50.4	-13.7	-37	
71	18:15	08:02	06:57	06:29	03:24	04:32	05:40	√06:48									
72	18:32	08:09	07:04	06:35	03:27	04:36	05:45	200:5 5	> 09:≰6 >								
73	18:48	08:17	07:10	06:41	03:30	04:41	05:51	207:6 1	209.2 4						,	_	
74	19:05	08:24	07:17	06:47	03:34	04:45	05:56	07.07	09:33						5		
75 76	19:23 19:40	08:32 08:39	07:23 07:30	06:53 06:59	03:37 03:40	04:49 04:53	06:61	07:14	09:41 09:50					(1	
77	19:58	08:47	07:36	07:05	03:43	04:58	S06.42	→	9:5 9					1		1	1
78	20:16	08:55	07:43	07:12	03:47	05:02	>06:48	77:33	20:08					1		-	
79	20:34	09:03	07:50	07:18	03:50	05:07	206:23	07:40	>0:4≤						7	34	
80	20:52	09:11	07:57	07:25	03:54	05:11	06:29	07:47	0:26					2	Cille	s Athl	etic C
81 82	21:11 21:30	09:20 09:28	08:04 08:12	07:31 07:38	03:57 04:01	05:16 05:21	06:35	D9:61	10:36 10:45							VI	
83	21:50	09:28	08:12	07:38	04:01	05:21	506:47	28:68	30.55							1	
84	22:09	09:45	08:27	07:52	04:08	05:30	∑ 08:53	────────────────────────────────────	>13:05							-	
85	22:29	09:54	08:34	07:59	04:12	05:35	08:59	08:23	₩								
86	22:49	10:03	08:42	08:06	04:15	05:40	07:0 6	08:3	21.25								
87	23:10	10:12	08:50	08:14	04:19	05:46	07:42	08:38	13:35								
88 89	23:31 23:52	10:21 10:30	08:58 09:06	08:21 08:29	04:23 04:27	05:51 05:56	07:48	08:46	12:56								
90	24:13	10:40	09:14	08:36	04:31	05.61	57.32	39.62	2:02						Cille	s Athl	etic (
91	24:35	10:49	09:22	08:44	04:35	\	07:38	> 09:40	∑2:48						1	111	""
92	24:57	10:59	09:31	08:52	04:39	206:42	07:4 5	D9:48	2:29								
93	25:20	11:09	09:39	09:00	04:43	06:48	07:52	09:27	₹								
94 95	25:43 26:06	11:19 11:29	09:48 09:57	09:08 09:16	04:48 04:52	06:24	07:59 09:07	09:35	2:51 3:03								
96	26:29	11:40	10:06	09:24	04:56	506:35	08:4 2	509:53	3.45								

		Speed	SE 4-5Min				SI	SE2				
	Rest	4-5min					3-4	5-6Min				
Level	400	30-50m	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		14.9	19.5		32.7	39.4	54		82
	52	100%	10.1	12.6	15.1	19.9	26.7	33.3	40.2	55	69	84
	53	100%	10.3		15.4	20.3			41.0	56		
	54	100%	10.5	13.1	15.7	20.7	27.7	34.6	41.8	57	72	87
	55	100%	10.7		16.0	21.0			42.5	58		
	56	100%	10.9	13.6	16.3	21.4	28.7	35.9	43.3	59	74	90
	57	100%	11.1		16.6	21.8			44.1	60		
	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% 100%	13.4 13.6	16.7 17.0	20.1	26.4	35.4	44.2	53.4	73	92	111
	70	100%		17.5		27	36	45	54	74	93	113
	72 74		14.0	18.0	21.0	28	37	46	55	76	96	116 119
		100%	14.4		21.6	28	38	47	57	78	98	123
	76	100% 100%	14.8	18.4 18.9	22.1	29	39	49	58	80	101	126
	78 80	100%	15.1	19.4	23.3	30 31	40 41	50 51	60 61	82 84	104 106	129
	82	100%	15.5 15.9	19.4	23.9	31	42	53	63	86	109	132
	84	100%	16.3	20.4	24.5	32	43	54	64	88	112	135
	86	100%	16.7	20.4	25.0	33	44	55	66	91	114	139
	88	100%	17.1	21.4	25.6	34	45	56	67	93	117	192
	90	100%	17.5	21.4	26.2	34	46	58	69	95	120	145
	92	100%	17.9	22.3	26.8	35	47	59	70	97	122	148
	94	100%	18.3	22.8	27.4	36	48	60	72	99	125	152
	96	100%	18.6	23.3	28.0	37	49	62	73	101	128	155
	98	100%	19.0	23.8	28.5	38	51	63	75	103	130	158
	100	100%	19.4	24.3	29.1	38	52	64	77	105	183	161
	102	100%	19.8	24.8	29.7	39	53	65	78	107	136	165
	104	100%	20.2	25.2	30.3	40	54	67	80	109	138	168
	106	100%	20.6	25.7	30.9	41	55	68	81	112	141	171
	108	100%	21.0	26.2	31.5	41	56	69	83	114	144	174
	110	100%	21.4	26.7	32.0	42	57	71	84	116	146	177
	112	100%	21.7	27.2	32.6	43	58	72	86	118	140	181
	114	100%	22.1	27.7	33.2	44	59	73	87	120	152	184
	116	100%	22.5		33.8	44	60		89	132	154	187
	118	100%	22.9	28.6	34.4	45	61	76	90	124	157	190
	120	100%	23.3		35.0	46			92	126	160	194
	122	100%	23.7	29.6	35.5	47	63	78	93	120	162	197
	124	100%	24.1		36.1	47			95	134	165	200
	126	100%	24.5	30.6	36.7	48	65	81	96	193	168	203
	128	100%	24.9		37.3	49		82	98	195	170	206
	130	100%	25.2	31.6	37.9	50	67	83	99	137	172	210
	132	100%	25.6	32.0	38.4	51			101	130	176	243
	134	100%	26.0	32.5	39.0	51	69	86	103	M	178	246
	136	100%	26.4		39.6	52			104	142	181	240
	138	100%	26.8	33.5	40.2	53	71	88	106	ME	184	283
	140	100%	27.2		40.8	54			107	MZ	186	286
	142	100%	27.6	34.5	41.4	54	73	91	109	140	180	229
	144	100%	28.0		41.9	55			110	152	191	282
	146	100%	28.3	35.4	42.5	56	75	94	112	154	194	285
	148	100%	28.7		43.1	57			113	156	197	
	150	100%	29.1	36.4	43.7	57	77	96	115	158	199	242





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