

Tinman Pace Chart

- Use the link above for personal specific pace data if desired.
- [Comparison between McMillan terminology \(Old Testament of the Pace Bible\) vs. Tinman terminology \(New Testament\)](#)
- If you desire to know [splits during a race for a specific time use this link](#).
- Aerobic Power intensity = approximate race pace

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
15:00	4:23	2:00	9:21

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	7:47 - 7:15	7:44 - 7:12	4:50 - 4:30	3:52 - 3:36	1:56 - 1:48	58.1 - 54.1
Easy	7:13 - 6:58	7:10 - 6:55	4:29 - 4:19	3:35 - 3:27	1:47 - 1:43	53.8 - 51.10
Easy/Moderate	6:44 - 6:31	6:42 - 6:29	4:11 - 4:03	3:21 - 3:14	1:40 - 1:37	50.3 - 48.7
Moderate	6:19 - 6:08	6:17 - 6:06	3:55 - 3:49	3:08 - 3:03	1:34 - 1:31	47.2 - 45.8
Easy Tempo	5:58 - 5:48	5:56 - 5:46	3:42 - 3:36	2:58 - 2:53	1:29 - 1:26	44.5 - 43.3
Tempo	5:39 - 5:31	5:37 - 5:29	3:31 - 3:25	2:48 - 2:44	1:24 - 1:22	42.2 - 41.1
Threshold	5:23 - 5:15	5:21 - 5:13	3:20 - 3:16	2:40 - 2:36	1:20 - 1:18	40.2 - 39.2
CV	5:08 - 5:01	5:06 - 4:59	3:11 - 3:07	2:33 - 2:29	1:16 - 1:14	38.3 - 37.5
Aerobic Power	4:55 - 4:49	4:53 - 4:47	3:03 - 2:59	2:26 - 2:23	1:13 - 1:11	36.7 - 35.9
V.O2 Max	4:43 - 4:38	4:41 - 4:36	2:56 - 2:52	2:20 - 2:18	1:10 - 1:09	35.2 - 34.6
Anaerobic Endurance	4:27 - 4:18	4:26 - 4:17	2:46 - 2:40	2:13 - 2:08	1:06 - 1:04	33.3 - 32.2
Anaerobic Power	4:10 - 4:02	4:09 - 4:01	2:35 - 2:30	2:04 - 2:00	1:02 - 1:00	31.1 - 30.2
Speed Endurance	3:56 - 3:49	3:55 - 3:48	2:27 - 2:22	1:57 - 1:54	58.8 - 57.0	29.4 - 28.5
Speed	3:43 - 3:38	3:42 - 3:36	2:18 - 2:15	1:51 - 1:48	55.6 - 54.2	27.8 - 27.1

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
4:49.7	4:48.0	3:36.0	3:00.0	2:24.0	1:48.0	1:12.0	0:54.0	0:36.0

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
15:15	4:28	2:02	9:31

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	7:54 - 7:22	7:51 - 7:19	4:54 - 4:34	3:55 - 3:39	1:57 - 1:49	58.10 - 54.10
Easy	7:20 - 7:04	7:17 - 7:02	4:33 - 4:24	3:38 - 3:31	1:49 - 1:45	54.7 - 52.8
Easy/Moderate	6:50 - 6:37	6:48 - 6:35	4:15 - 4:07	3:24 - 3:17	1:42 - 1:38	51.1 - 49.4
Moderate	6:25 - 6:14	6:23 - 6:12	3:59 - 3:52	3:11 - 3:06	1:35 - 1:33	47.9 - 46.5
Easy Tempo	6:04 - 5:54	6:01 - 5:52	3:46 - 3:40	3:00 - 2:56	1:30 - 1:28	45.2 - 44.0
Tempo	5:44 - 5:36	5:42 - 5:34	3:34 - 3:28	2:51 - 2:47	1:25 - 1:23	42.9 - 41.8
Threshold	5:28 - 5:20	5:26 - 5:18	3:23 - 3:19	2:43 - 2:39	1:21 - 1:19	40.8 - 39.8
CV	5:13 - 5:06	5:11 - 5:04	3:14 - 3:10	2:35 - 2:32	1:17 - 1:16	38.9 - 38.1
Aerobic Power	4:59 - 4:53	4:58 - 4:52	3:06 - 3:02	2:29 - 2:26	1:14 - 1:13	37.3 - 36.5
V.O2 Max	4:47 - 4:42	4:46 - 4:40	2:58 - 2:55	2:23 - 2:20	1:11 - 1:10	35.8 - 35.1
Anaerobic Endurance	4:32 - 4:22	4:30 - 4:21	2:49 - 2:43	2:15 - 2:10	1:07 - 1:05	33.8 - 32.7
Anaerobic Power	4:14 - 4:06	4:12 - 4:05	2:38 - 2:33	2:06 - 2:02	1:03 - 1:01	31.6 - 30.7
Speed Endurance	4:00 - 3:53	3:58 - 3:51	2:29 - 2:24	1:59 - 1:55	59.7 - 57.9	29.9 - 28.10
Speed	3:47 - 3:41	3:45 - 3:40	2:21 - 2:17	1:52 - 1:50	56.4 - 55.0	28.2 - 27.5

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
4:54.5	4:52.8	3:39.6	3:03.0	2:26.4	1:49.8	1:13.2	0:54.9	0:36.6

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
15:30	4:32	2:04	9:40

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	8:01 - 7:29	7:59 - 7:26	4:59 - 4:39	3:59 - 3:43	1:59 - 1:51	59.9 - 55.8
Easy	7:26 - 7:11	7:24 - 7:08	4:37 - 4:28	3:42 - 3:34	1:51 - 1:47	55.5 - 53.6
Easy/Moderate	6:57 - 6:44	6:54 - 6:41	4:19 - 4:11	3:27 - 3:20	1:43 - 1:40	51.9 - 50.2
Moderate	6:31 - 6:20	6:29 - 6:18	4:03 - 3:56	3:14 - 3:09	1:37 - 1:34	48.7 - 47.3
Easy Tempo	6:09 - 5:59	6:07 - 5:57	3:49 - 3:43	3:03 - 2:58	1:31 - 1:29	45.9 - 44.7
Tempo	5:50 - 5:41	5:48 - 5:39	3:37 - 3:32	2:54 - 2:49	1:27 - 1:24	43.5 - 42.4
Threshold	5:33 - 5:25	5:31 - 5:23	3:27 - 3:22	2:45 - 2:41	1:22 - 1:20	41.4 - 40.4
CV	5:18 - 5:11	5:16 - 5:09	3:17 - 3:13	2:38 - 2:34	1:19 - 1:17	39.5 - 38.7
Aerobic Power	5:04 - 4:58	5:02 - 4:56	3:09 - 3:05	2:31 - 2:28	1:15 - 1:14	37.9 - 37.1
V.O2 Max	4:52 - 4:46	4:50 - 4:45	3:01 - 2:58	2:25 - 2:22	1:12 - 1:11	36.3 - 35.6
Anaerobic Endurance	4:36 - 4:26	4:34 - 4:25	2:51 - 2:45	2:17 - 2:12	1:08 - 1:06	34.4 - 33.2
Anaerobic Power	4:18 - 4:10	4:16 - 4:09	2:40 - 2:35	2:08 - 2:04	1:04 - 1:02	32.1 - 31.1
Speed Endurance	4:04 - 3:56	4:02 - 3:55	2:31 - 2:27	2:01 - 1:57	1:00 - 58.8	30.3 - 29.4
Speed	3:50 - 3:44	3:49 - 3:43	2:23 - 2:19	1:54 - 1:51	57.3 - 55.9	28.7 - 27.10

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
4:59.3	4:57.6	3:43.2	3:06.0	2:28.8	1:51.6	1:14.4	0:55.8	0:37.2

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
15:45	4:36	2:06	9:49

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	8:09 - 7:35	8:06 - 7:33	5:03 - 4:43	4:03 - 3:46	2:01 - 1:53	1:00 - 56.7
Easy	7:33 - 7:18	7:31 - 7:15	4:41 - 4:32	3:45 - 3:37	1:52 - 1:48	56.4 - 54.4
Easy/Moderate	7:03 - 6:50	7:01 - 6:47	4:23 - 4:14	3:30 - 3:23	1:45 - 1:41	52.6 - 50.10
Moderate	6:37 - 6:26	6:35 - 6:23	4:07 - 3:59	3:17 - 3:11	1:38 - 1:35	49.4 - 47.10
Easy Tempo	6:15 - 6:05	6:13 - 6:03	3:53 - 3:46	3:06 - 3:01	1:33 - 1:30	46.6 - 45.4
Tempo	5:55 - 5:46	5:53 - 5:44	3:41 - 3:35	2:56 - 2:52	1:28 - 1:26	44.2 - 43.1
Threshold	5:38 - 5:30	5:36 - 5:28	3:30 - 3:25	2:48 - 2:44	1:24 - 1:22	42.0 - 41.1
CV	5:22 - 5:15	5:21 - 5:14	3:20 - 3:16	2:40 - 2:37	1:20 - 1:18	40.1 - 39.3
Aerobic Power	5:09 - 5:02	5:07 - 5:01	3:12 - 3:08	2:33 - 2:30	1:16 - 1:15	38.4 - 37.6
V.O2 Max	4:56 - 4:51	4:55 - 4:49	3:04 - 3:00	2:27 - 2:24	1:13 - 1:12	36.9 - 36.2
Anaerobic Endurance	4:40 - 4:31	4:39 - 4:29	2:54 - 2:48	2:19 - 2:14	1:09 - 1:07	34.9 - 33.7
Anaerobic Power	4:22 - 4:14	4:20 - 4:12	2:42 - 2:38	2:10 - 2:06	1:05 - 1:03	32.6 - 31.6
Speed Endurance	4:07 - 4:00	4:06 - 3:58	2:33 - 2:29	2:03 - 1:59	1:01 - 59.7	30.8 - 29.9
Speed	3:54 - 3:48	3:52 - 3:47	2:25 - 2:21	1:56 - 1:53	58.2 - 56.8	29.1 - 28.4

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
5:04.2	5:02.4	3:46.8	3:09.0	2:31.2	1:53.4	1:15.6	0:56.7	0:37.8

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
16:00	4:41	2:08	9:59

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	8:16 - 7:42	8:13 - 7:40	5:08 - 4:47	4:06 - 3:50	2:03 - 1:55	1:01 - 57.5
Easy	7:40 - 7:24	7:37 - 7:22	4:46 - 4:36	3:48 - 3:41	1:54 - 1:50	57.2 - 55.3
Easy/Moderate	7:09 - 6:56	7:07 - 6:53	4:27 - 4:18	3:33 - 3:26	1:46 - 1:43	53.4 - 51.7
Moderate	6:43 - 6:31	6:41 - 6:29	4:10 - 4:03	3:20 - 3:14	1:40 - 1:37	50.2 - 48.7
Easy Tempo	6:20 - 6:10	6:18 - 6:08	3:56 - 3:50	3:09 - 3:04	1:34 - 1:32	47.3 - 46.1
Tempo	6:01 - 5:51	5:58 - 5:49	3:44 - 3:38	2:59 - 2:54	1:29 - 1:27	44.9 - 43.7
Threshold	5:43 - 5:35	5:41 - 5:33	3:33 - 3:28	2:50 - 2:46	1:25 - 1:23	42.7 - 41.7
CV	5:27 - 5:20	5:25 - 5:18	3:23 - 3:19	2:42 - 2:39	1:21 - 1:19	40.7 - 39.9
Aerobic Power	5:13 - 5:07	5:12 - 5:05	3:15 - 3:11	2:36 - 2:32	1:18 - 1:16	39.0 - 38.2
V.O2 Max	5:01 - 4:55	4:59 - 4:53	3:07 - 3:03	2:29 - 2:26	1:14 - 1:13	37.5 - 36.7
Anaerobic Endurance	4:44 - 4:35	4:43 - 4:33	2:57 - 2:50	2:21 - 2:16	1:10 - 1:08	35.4 - 34.2
Anaerobic Power	4:26 - 4:18	4:24 - 4:16	2:45 - 2:40	2:12 - 2:08	1:06 - 1:04	33.1 - 32.1
Speed Endurance	4:11 - 4:03	4:10 - 4:02	2:36 - 2:31	2:05 - 2:01	1:02 - 1:00	31.3 - 30.3
Speed	3:57 - 3:51	3:56 - 3:50	2:27 - 2:24	1:58 - 1:55	59.1 - 57.6	29.5 - 28.8

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
5:08.10	5:07.2	3:50.4	3:12.0	2:33.6	1:55.2	1:16.8	0:57.6	0:38.4

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
16:15	4:45	2:10	10:08

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	8:23 - 7:49	8:20 - 7:46	5:13 - 4:51	4:10 - 3:53	2:05 - 1:56	1:02 - 58.4
Easy	7:47 - 7:31	7:44 - 7:28	4:50 - 4:40	3:52 - 3:44	1:56 - 1:52	58.1 - 56.1
Easy/Moderate	7:16 - 7:02	7:13 - 7:00	4:31 - 4:22	3:36 - 3:30	1:48 - 1:45	54.2 - 52.5
Moderate	6:49 - 6:37	6:47 - 6:35	4:14 - 4:07	3:23 - 3:17	1:41 - 1:38	50.9 - 49.4
Easy Tempo	6:26 - 6:16	6:24 - 6:13	4:00 - 3:53	3:12 - 3:06	1:36 - 1:33	48.0 - 46.7
Tempo	6:06 - 5:57	6:04 - 5:55	3:47 - 3:41	3:02 - 2:57	1:31 - 1:28	45.5 - 44.4
Threshold	5:48 - 5:40	5:46 - 5:38	3:36 - 3:31	2:53 - 2:49	1:26 - 1:24	43.3 - 42.3
CV	5:32 - 5:25	5:30 - 5:23	3:26 - 3:22	2:45 - 2:41	1:22 - 1:20	41.3 - 40.4
Aerobic Power	5:18 - 5:12	5:16 - 5:10	3:17 - 3:13	2:38 - 2:35	1:19 - 1:17	39.6 - 38.8
V.O2 Max	5:05 - 4:59	5:04 - 4:58	3:10 - 3:06	2:32 - 2:29	1:16 - 1:14	38.0 - 37.3
Anaerobic Endurance	4:49 - 4:39	4:47 - 4:37	2:59 - 2:53	2:23 - 2:18	1:11 - 1:09	35.9 - 34.7
Anaerobic Power	4:30 - 4:21	4:28 - 4:20	2:47 - 2:42	2:14 - 2:10	1:07 - 1:05	33.6 - 32.6
Speed Endurance	4:15 - 4:07	4:13 - 4:06	2:38 - 2:33	2:06 - 2:03	1:03 - 1:01	31.7 - 30.8
Speed	4:01 - 3:55	3:59 - 3:53	2:29 - 2:26	1:59 - 1:56	59.9 - 58.5	29.10 - 29.2

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
5:13.8	5:12.0	3:54.0	3:15.0	2:36.0	1:57.0	1:18.0	0:58.5	0:39.0

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
16:30	4:50	2:12	10:17

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	8:31 - 7:56	8:28 - 7:53	5:17 - 4:56	4:14 - 3:56	2:07 - 1:58	1:03 - 59.2
Easy	7:54 - 7:37	7:51 - 7:35	4:54 - 4:44	3:55 - 3:47	1:57 - 1:53	58.9 - 56.9
Easy/Moderate	7:22 - 7:08	7:20 - 7:06	4:35 - 4:26	3:40 - 3:33	1:50 - 1:46	55.0 - 53.3
Moderate	6:55 - 6:43	6:53 - 6:41	4:18 - 4:10	3:26 - 3:20	1:43 - 1:40	51.7 - 50.1
Easy Tempo	6:32 - 6:21	6:29 - 6:19	4:03 - 3:57	3:14 - 3:09	1:37 - 1:34	48.7 - 47.4
Tempo	6:11 - 6:02	6:09 - 6:00	3:50 - 3:45	3:04 - 3:00	1:32 - 1:30	46.2 - 45.0
Threshold	5:53 - 5:45	5:51 - 5:43	3:39 - 3:34	2:55 - 2:51	1:27 - 1:25	43.9 - 42.9
CV	5:37 - 5:30	5:35 - 5:28	3:29 - 3:25	2:47 - 2:44	1:23 - 1:22	41.9 - 41.0
Aerobic Power	5:23 - 5:16	5:21 - 5:14	3:20 - 3:16	2:40 - 2:37	1:20 - 1:18	40.2 - 39.3
V.O2 Max	5:10 - 5:04	5:08 - 5:02	3:12 - 3:09	2:34 - 2:31	1:17 - 1:15	38.6 - 37.8
Anaerobic Endurance	4:53 - 4:43	4:51 - 4:41	3:02 - 2:55	2:25 - 2:20	1:12 - 1:10	36.4 - 35.2
Anaerobic Power	4:34 - 4:25	4:32 - 4:24	2:50 - 2:45	2:16 - 2:12	1:08 - 1:06	34.1 - 33.0
Speed Endurance	4:18 - 4:11	4:17 - 4:09	2:40 - 2:36	2:08 - 2:04	1:04 - 1:02	32.2 - 31.2
Speed	4:04 - 3:58	4:03 - 3:57	2:31 - 2:28	2:01 - 1:58	1:00 - 59.3	30.4 - 29.7

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
5:18.7	5:16.8	3:57.6	3:18.0	2:38.4	1:58.8	1:19.2	0:59.4	0:39.6

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
16:45	4:54	2:14	10:27

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	8:38 - 8:03	8:35 - 8:00	5:22 - 5:00	4:17 - 4:00	2:08 - 2:00	1:04 - 1:00
Easy	8:00 - 7:44	7:58 - 7:41	4:58 - 4:48	3:59 - 3:50	1:59 - 1:55	59.8 - 57.7
Easy/Moderate	7:29 - 7:14	7:26 - 7:12	4:39 - 4:30	3:43 - 3:36	1:51 - 1:48	55.8 - 54.0
Moderate	7:01 - 6:49	6:59 - 6:46	4:21 - 4:14	3:29 - 3:23	1:44 - 1:41	52.4 - 50.9
Easy Tempo	6:37 - 6:27	6:35 - 6:24	4:07 - 4:00	3:17 - 3:12	1:38 - 1:36	49.4 - 48.1
Tempo	6:17 - 6:07	6:14 - 6:05	3:54 - 3:48	3:07 - 3:02	1:33 - 1:31	46.9 - 45.7
Threshold	5:58 - 5:50	5:56 - 5:48	3:42 - 3:37	2:58 - 2:54	1:29 - 1:27	44.6 - 43.5
CV	5:42 - 5:34	5:40 - 5:32	3:32 - 3:28	2:50 - 2:46	1:25 - 1:23	42.5 - 41.6
Aerobic Power	5:27 - 5:21	5:25 - 5:19	3:23 - 3:19	2:42 - 2:39	1:21 - 1:19	40.7 - 39.9
V.O2 Max	5:14 - 5:08	5:12 - 5:06	3:15 - 3:11	2:36 - 2:33	1:18 - 1:16	39.1 - 38.4
Anaerobic Endurance	4:57 - 4:47	4:55 - 4:45	3:04 - 2:58	2:27 - 2:22	1:13 - 1:11	36.10 - 35.7
Anaerobic Power	4:38 - 4:29	4:36 - 4:27	2:52 - 2:47	2:18 - 2:13	1:09 - 1:06	34.6 - 33.5
Speed Endurance	4:22 - 4:14	4:21 - 4:13	2:43 - 2:38	2:10 - 2:06	1:05 - 1:03	32.6 - 31.6
Speed	4:08 - 4:02	4:06 - 4:00	2:34 - 2:30	2:03 - 2:00	1:01 - 1:00	30.8 - 30.1

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
5:23.5	5:21.6	4:01.2	3:21.0	2:40.8	2:00.6	1:20.4	1:00.3	0:40.2

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
17:00	4:58	2:16	10:36

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	8:45 - 8:10	8:42 - 8:07	5:26 - 5:04	4:21 - 4:03	2:10 - 2:01	1:05 - 1:00
Easy	8:07 - 7:50	8:04 - 7:48	5:03 - 4:52	4:02 - 3:54	2:01 - 1:57	1:00 - 58.5
Easy/Moderate	7:35 - 7:20	7:32 - 7:18	4:42 - 4:33	3:46 - 3:39	1:53 - 1:49	56.6 - 54.8
Moderate	7:07 - 6:55	7:05 - 6:52	4:25 - 4:17	3:32 - 3:26	1:46 - 1:43	53.1 - 51.6
Easy Tempo	6:43 - 6:32	6:41 - 6:30	4:10 - 4:03	3:20 - 3:15	1:40 - 1:37	50.1 - 48.8
Tempo	6:22 - 6:12	6:20 - 6:10	3:57 - 3:51	3:10 - 3:05	1:35 - 1:32	47.5 - 46.3
Threshold	6:03 - 5:55	6:01 - 5:53	3:46 - 3:40	3:00 - 2:56	1:30 - 1:28	45.2 - 44.1
CV	5:47 - 5:39	5:45 - 5:37	3:35 - 3:31	2:52 - 2:48	1:26 - 1:24	43.1 - 42.2
Aerobic Power	5:32 - 5:25	5:30 - 5:23	3:26 - 3:22	2:45 - 2:41	1:22 - 1:20	41.3 - 40.5
V.O2 Max	5:19 - 5:13	5:17 - 5:11	3:18 - 3:14	2:38 - 2:35	1:19 - 1:17	39.7 - 38.9
Anaerobic Endurance	5:01 - 4:51	4:59 - 4:49	3:07 - 3:01	2:29 - 2:24	1:14 - 1:12	37.5 - 36.2
Anaerobic Power	4:41 - 4:33	4:40 - 4:31	2:55 - 2:49	2:20 - 2:15	1:10 - 1:07	35.0 - 33.10
Speed Endurance	4:26 - 4:18	4:24 - 4:16	2:45 - 2:40	2:12 - 2:08	1:06 - 1:04	33.1 - 32.1
Speed	4:11 - 4:05	4:10 - 4:04	2:36 - 2:32	2:05 - 2:02	1:02 - 1:01	31.3 - 30.5

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
5:28.3	5:26.4	4:04.8	3:24.0	2:43.2	2:02.4	1:21.6	1:01.2	0:40.8

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
17:15	5:03	2:18	10:45

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	8:53 - 8:16	8:50 - 8:14	5:31 - 5:08	4:25 - 4:07	2:12 - 2:03	1:06 - 1:01
Easy	8:14 - 7:57	8:11 - 7:54	5:07 - 4:56	4:05 - 3:57	2:02 - 1:58	1:01 - 59.3
Easy/Moderate	7:41 - 7:27	7:38 - 7:24	4:46 - 4:37	3:49 - 3:42	1:54 - 1:51	57.4 - 55.6
Moderate	7:13 - 7:00	7:10 - 6:58	4:29 - 4:21	3:35 - 3:29	1:47 - 1:44	53.9 - 52.3
Easy Tempo	6:49 - 6:38	6:46 - 6:35	4:14 - 4:07	3:23 - 3:17	1:41 - 1:38	50.8 - 49.5
Tempo	6:27 - 6:17	6:25 - 6:15	4:00 - 3:54	3:12 - 3:07	1:36 - 1:33	48.2 - 46.10
Threshold	6:08 - 6:00	6:06 - 5:58	3:49 - 3:43	3:03 - 2:59	1:31 - 1:29	45.8 - 44.8
CV	5:52 - 5:44	5:49 - 5:42	3:38 - 3:33	2:54 - 2:51	1:27 - 1:25	43.7 - 42.8
Aerobic Power	5:37 - 5:30	5:35 - 5:28	3:29 - 3:25	2:47 - 2:44	1:23 - 1:22	41.9 - 41.0
V.O2 Max	5:23 - 5:17	5:21 - 5:15	3:21 - 3:17	2:40 - 2:37	1:20 - 1:18	40.2 - 39.4
Anaerobic Endurance	5:05 - 4:55	5:04 - 4:53	3:10 - 3:03	2:32 - 2:26	1:16 - 1:13	38.0 - 36.7
Anaerobic Power	4:45 - 4:37	4:44 - 4:35	2:57 - 2:52	2:22 - 2:17	1:11 - 1:08	35.5 - 34.4
Speed Endurance	4:30 - 4:21	4:28 - 4:20	2:47 - 2:42	2:14 - 2:10	1:07 - 1:05	33.6 - 32.5
Speed	4:15 - 4:08	4:13 - 4:07	2:38 - 2:34	2:06 - 2:03	1:03 - 1:01	31.7 - 30.9

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
5:33.1	5:31.2	4:08.4	3:27.0	2:45.6	2:04.2	1:22.8	1:02.1	0:41.4

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
17:30	5:07	2:20	10:55

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	9:00 - 8:23	8:57 - 8:20	5:35 - 5:13	4:28 - 4:10	2:14 - 2:05	1:07 - 1:02
Easy	8:21 - 8:03	8:18 - 8:01	5:11 - 5:00	4:09 - 4:00	2:04 - 2:00	1:02 - 1:00
Easy/Moderate	7:48 - 7:33	7:45 - 7:30	4:50 - 4:41	3:52 - 3:45	1:56 - 1:52	58.2 - 56.3
Moderate	7:19 - 7:06	7:16 - 7:04	4:33 - 4:25	3:38 - 3:32	1:49 - 1:46	54.6 - 53.0
Easy Tempo	6:54 - 6:43	6:52 - 6:41	4:17 - 4:10	3:26 - 3:20	1:43 - 1:40	51.5 - 50.1
Tempo	6:32 - 6:23	6:30 - 6:20	4:04 - 3:58	3:15 - 3:10	1:37 - 1:35	48.8 - 47.6
Threshold	6:13 - 6:05	6:11 - 6:02	3:52 - 3:46	3:05 - 3:01	1:32 - 1:30	46.5 - 45.4
CV	5:56 - 5:49	5:54 - 5:47	3:41 - 3:36	2:57 - 2:53	1:28 - 1:26	44.3 - 43.4
Aerobic Power	5:41 - 5:34	5:39 - 5:32	3:32 - 3:27	2:49 - 2:46	1:24 - 1:23	42.5 - 41.6
V.O2 Max	5:28 - 5:21	5:26 - 5:19	3:23 - 3:19	2:43 - 2:39	1:21 - 1:19	40.8 - 39.10
Anaerobic Endurance	5:10 - 4:59	5:08 - 4:57	3:12 - 3:06	2:34 - 2:28	1:17 - 1:14	38.5 - 37.2
Anaerobic Power	4:49 - 4:40	4:48 - 4:39	3:00 - 2:54	2:24 - 2:19	1:12 - 1:09	36.0 - 34.9
Speed Endurance	4:33 - 4:25	4:32 - 4:23	2:50 - 2:44	2:16 - 2:11	1:08 - 1:05	34.0 - 32.10
Speed	4:18 - 4:12	4:17 - 4:10	2:40 - 2:36	2:08 - 2:05	1:04 - 1:02	32.1 - 31.4

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
5:37.10	5:36.0	4:12.0	3:30.0	2:48.0	2:06.0	1:24.0	1:03.0	0:42.0

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
17:45	5:11	2:22	11:04

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	9:07 - 8:30	9:04 - 8:27	5:40 - 5:17	4:32 - 4:13	2:16 - 2:06	1:08 - 1:03
Easy	8:28 - 8:10	8:25 - 8:07	5:15 - 5:04	4:12 - 4:03	2:06 - 2:01	1:03 - 1:00
Easy/Moderate	7:54 - 7:39	7:51 - 7:36	4:54 - 4:45	3:55 - 3:48	1:57 - 1:54	58.9 - 57.1
Moderate	7:25 - 7:12	7:22 - 7:09	4:36 - 4:28	3:41 - 3:34	1:50 - 1:47	55.3 - 53.7
Easy Tempo	7:00 - 6:48	6:57 - 6:46	4:21 - 4:14	3:28 - 3:23	1:44 - 1:41	52.2 - 50.8
Tempo	6:38 - 6:28	6:35 - 6:26	4:07 - 4:01	3:17 - 3:13	1:38 - 1:36	49.5 - 48.3
Threshold	6:18 - 6:10	6:16 - 6:07	3:55 - 3:49	3:08 - 3:03	1:34 - 1:31	47.1 - 45.10
CV	6:01 - 5:53	5:59 - 5:51	3:44 - 3:39	2:59 - 2:55	1:29 - 1:27	44.9 - 43.10
Aerobic Power	5:46 - 5:39	5:44 - 5:37	3:35 - 3:30	2:52 - 2:48	1:26 - 1:24	43.0 - 42.2
V.O2 Max	5:32 - 5:26	5:30 - 5:24	3:26 - 3:22	2:45 - 2:42	1:22 - 1:21	41.3 - 40.5
Anaerobic Endurance	5:14 - 5:03	5:12 - 5:01	3:15 - 3:08	2:36 - 2:30	1:18 - 1:15	39.1 - 37.7
Anaerobic Power	4:53 - 4:44	4:52 - 4:43	3:02 - 2:56	2:26 - 2:21	1:13 - 1:10	36.5 - 35.4
Speed Endurance	4:37 - 4:29	4:35 - 4:27	2:52 - 2:47	2:17 - 2:13	1:08 - 1:06	34.5 - 33.4
Speed	4:22 - 4:15	4:20 - 4:14	2:42 - 2:38	2:10 - 2:07	1:05 - 1:03	32.6 - 31.8

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
5:42.8	5:40.8	4:15.6	3:33.0	2:50.4	2:07.8	1:25.2	1:03.9	0:42.6

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
18:00	5:16	2:24	11:13

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	9:15 - 8:37	9:11 - 8:34	5:44 - 5:21	4:35 - 4:17	2:17 - 2:08	1:08 - 1:04
Easy	8:34 - 8:17	8:31 - 8:14	5:19 - 5:08	4:15 - 4:07	2:07 - 2:03	1:03 - 1:01
Easy/Moderate	8:00 - 7:45	7:57 - 7:42	4:58 - 4:49	3:58 - 3:51	1:59 - 1:55	59.7 - 57.8
Moderate	7:31 - 7:18	7:28 - 7:15	4:40 - 4:32	3:44 - 3:37	1:52 - 1:48	56.1 - 54.4
Easy Tempo	7:05 - 6:54	7:03 - 6:51	4:24 - 4:17	3:31 - 3:25	1:45 - 1:42	52.9 - 51.5
Tempo	6:43 - 6:33	6:41 - 6:31	4:10 - 4:04	3:20 - 3:15	1:40 - 1:37	50.2 - 48.9
Threshold	6:23 - 6:14	6:21 - 6:12	3:58 - 3:52	3:10 - 3:06	1:35 - 1:33	47.7 - 46.6
CV	6:06 - 5:58	6:04 - 5:56	3:47 - 3:42	3:02 - 2:58	1:31 - 1:29	45.5 - 44.5
Aerobic Power	5:50 - 5:43	5:48 - 5:41	3:38 - 3:33	2:54 - 2:50	1:27 - 1:25	43.6 - 42.7
V.O2 Max	5:36 - 5:30	5:34 - 5:28	3:29 - 3:25	2:47 - 2:44	1:23 - 1:22	41.9 - 41.1
Anaerobic Endurance	5:18 - 5:07	5:16 - 5:05	3:17 - 3:11	2:38 - 2:32	1:19 - 1:16	39.6 - 38.2
Anaerobic Power	4:57 - 4:48	4:55 - 4:46	3:04 - 2:59	2:27 - 2:23	1:13 - 1:11	36.10 - 35.9
Speed Endurance	4:41 - 4:32	4:39 - 4:31	2:54 - 2:49	2:19 - 2:15	1:09 - 1:07	34.9 - 33.9
Speed	4:25 - 4:19	4:24 - 4:17	2:45 - 2:40	2:12 - 2:08	1:06 - 1:04	33.0 - 32.2

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
5:47.6	5:45.6	4:19.2	3:36.0	2:52.8	2:09.6	1:26.4	1:04.8	0:43.2

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
18:15	5:20	2:26	11:23

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	9:22 - 8:44	9:19 - 8:41	5:49 - 5:25	4:39 - 4:20	2:19 - 2:10	1:09 - 1:05
Easy	8:41 - 8:23	8:38 - 8:20	5:24 - 5:12	4:19 - 4:10	2:09 - 2:05	1:04 - 1:02
Easy/Moderate	8:06 - 7:51	8:04 - 7:48	5:02 - 4:52	4:02 - 3:54	2:01 - 1:57	1:00 - 58.6
Moderate	7:37 - 7:23	7:34 - 7:21	4:44 - 4:35	3:47 - 3:40	1:53 - 1:50	56.8 - 55.2
Easy Tempo	7:11 - 6:59	7:08 - 6:57	4:28 - 4:20	3:34 - 3:28	1:47 - 1:44	53.6 - 52.2
Tempo	6:48 - 6:38	6:46 - 6:36	4:14 - 4:07	3:23 - 3:18	1:41 - 1:39	50.8 - 49.5
Threshold	6:28 - 6:19	6:26 - 6:17	4:01 - 3:56	3:13 - 3:08	1:36 - 1:34	48.3 - 47.2
CV	6:11 - 6:03	6:09 - 6:01	3:50 - 3:45	3:04 - 3:00	1:32 - 1:30	46.1 - 45.1
Aerobic Power	5:55 - 5:48	5:53 - 5:46	3:40 - 3:36	2:56 - 2:53	1:28 - 1:26	44.2 - 43.3
V.O2 Max	5:41 - 5:34	5:39 - 5:32	3:32 - 3:28	2:49 - 2:46	1:24 - 1:23	42.4 - 41.6
Anaerobic Endurance	5:22 - 5:11	5:20 - 5:09	3:20 - 3:13	2:40 - 2:34	1:20 - 1:17	40.1 - 38.7
Anaerobic Power	5:01 - 4:52	4:59 - 4:50	3:07 - 3:01	2:29 - 2:25	1:14 - 1:12	37.5 - 36.3
Speed Endurance	4:44 - 4:36	4:43 - 4:34	2:57 - 2:51	2:21 - 2:17	1:10 - 1:08	35.4 - 34.3
Speed	4:29 - 4:22	4:27 - 4:20	2:47 - 2:43	2:13 - 2:10	1:06 - 1:05	33.4 - 32.6

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
5:52.4	5:50.4	4:22.8	3:39.0	2:55.2	2:11.4	1:27.6	1:05.7	0:43.8

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
18:30	5:25	2:28	11:32

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	9:29 - 8:50	9:26 - 8:47	5:53 - 5:29	4:43 - 4:23	2:21 - 2:11	1:10 - 1:05
Easy	8:48 - 8:30	8:45 - 8:27	5:28 - 5:16	4:22 - 4:13	2:11 - 2:06	1:05 - 1:03
Easy/Moderate	8:13 - 7:57	8:10 - 7:54	5:06 - 4:56	4:05 - 3:57	2:02 - 1:58	1:01 - 59.4
Moderate	7:43 - 7:29	7:40 - 7:27	4:47 - 4:39	3:50 - 3:43	1:55 - 1:51	57.6 - 55.9
Easy Tempo	7:17 - 7:05	7:14 - 7:02	4:31 - 4:24	3:37 - 3:31	1:48 - 1:45	54.3 - 52.8
Tempo	6:54 - 6:43	6:51 - 6:41	4:17 - 4:10	3:25 - 3:20	1:42 - 1:40	51.5 - 50.2
Threshold	6:34 - 6:24	6:31 - 6:22	4:04 - 3:59	3:15 - 3:11	1:37 - 1:35	48.10 - 47.8
CV	6:16 - 6:07	6:13 - 6:05	3:53 - 3:48	3:06 - 3:02	1:33 - 1:31	46.7 - 45.7
Aerobic Power	6:00 - 5:52	5:58 - 5:50	3:43 - 3:39	2:59 - 2:55	1:29 - 1:27	44.8 - 43.8
V.O2 Max	5:45 - 5:39	5:43 - 5:37	3:34 - 3:30	2:51 - 2:48	1:25 - 1:24	42.10 - 42.1
Anaerobic Endurance	5:26 - 5:15	5:24 - 5:13	3:23 - 3:16	2:42 - 2:36	1:21 - 1:18	40.6 - 39.2
Anaerobic Power	5:05 - 4:56	5:03 - 4:54	3:09 - 3:04	2:31 - 2:27	1:15 - 1:13	37.10 - 36.8
Speed Endurance	4:48 - 4:39	4:46 - 4:38	2:59 - 2:53	2:23 - 2:19	1:11 - 1:09	35.9 - 34.8
Speed	4:32 - 4:25	4:30 - 4:24	2:49 - 2:45	2:15 - 2:12	1:07 - 1:06	33.9 - 33.0

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
5:57.3	5:55.2	4:26.4	3:42.0	2:57.6	2:13.2	1:28.8	1:06.6	0:44.4

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
18:45	5:29	2:30	11:42

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	9:36 - 8:57	9:33 - 8:54	5:58 - 5:34	4:46 - 4:27	2:23 - 2:13	1:11 - 1:06
Easy	8:55 - 8:36	8:51 - 8:33	5:32 - 5:21	4:25 - 4:16	2:12 - 2:08	1:06 - 1:04
Easy/Moderate	8:19 - 8:03	8:16 - 8:00	5:10 - 5:00	4:08 - 4:00	2:04 - 2:00	1:02 - 1:00
Moderate	7:49 - 7:35	7:46 - 7:32	4:51 - 4:42	3:53 - 3:46	1:56 - 1:53	58.3 - 56.6
Easy Tempo	7:22 - 7:10	7:20 - 7:08	4:35 - 4:27	3:40 - 3:34	1:50 - 1:47	55.0 - 53.5
Tempo	6:59 - 6:48	6:57 - 6:46	4:20 - 4:14	3:28 - 3:23	1:44 - 1:41	52.1 - 50.8
Threshold	6:39 - 6:29	6:36 - 6:27	4:07 - 4:02	3:18 - 3:13	1:39 - 1:36	49.6 - 48.4
CV	6:20 - 6:12	6:18 - 6:10	3:56 - 3:51	3:09 - 3:05	1:34 - 1:32	47.3 - 46.3
Aerobic Power	6:04 - 5:57	6:02 - 5:55	3:46 - 3:41	3:01 - 2:57	1:30 - 1:28	45.3 - 44.4
V.O2 Max	5:50 - 5:43	5:48 - 5:41	3:37 - 3:33	2:54 - 2:50	1:27 - 1:25	43.5 - 42.7
Anaerobic Endurance	5:30 - 5:19	5:29 - 5:17	3:25 - 3:18	2:44 - 2:38	1:22 - 1:19	41.1 - 39.7
Anaerobic Power	5:09 - 4:59	5:07 - 4:58	3:12 - 3:06	2:33 - 2:29	1:16 - 1:14	38.4 - 37.3
Speed Endurance	4:52 - 4:43	4:50 - 4:41	3:01 - 2:56	2:25 - 2:20	1:12 - 1:10	36.3 - 35.2
Speed	4:36 - 4:29	4:34 - 4:27	2:51 - 2:47	2:17 - 2:13	1:08 - 1:06	34.3 - 33.5

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
6:02.1	6:00.0	4:30.0	3:45.0	3:00.0	2:15.0	1:30.0	1:07.5	0:45.0

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
19:00	5:33	2:32	11:51

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	9:44 - 9:04	9:40 - 9:01	6:03 - 5:38	4:50 - 4:30	2:25 - 2:15	1:12 - 1:07
Easy	9:01 - 8:43	8:58 - 8:40	5:36 - 5:25	4:29 - 4:20	2:14 - 2:10	1:07 - 1:05
Easy/Moderate	8:25 - 8:09	8:22 - 8:06	5:14 - 5:04	4:11 - 4:03	2:05 - 2:01	1:02 - 1:00
Moderate	7:54 - 7:41	7:52 - 7:38	4:55 - 4:46	3:56 - 3:49	1:58 - 1:54	59.0 - 57.3
Easy Tempo	7:28 - 7:16	7:25 - 7:13	4:38 - 4:30	3:42 - 3:36	1:51 - 1:48	55.7 - 54.2
Tempo	7:04 - 6:54	7:02 - 6:51	4:23 - 4:17	3:31 - 3:25	1:45 - 1:42	52.8 - 51.5
Threshold	6:44 - 6:34	6:41 - 6:32	4:11 - 4:05	3:20 - 3:16	1:40 - 1:38	50.2 - 49.0
CV	6:25 - 6:17	6:23 - 6:15	3:59 - 3:54	3:11 - 3:07	1:35 - 1:33	47.9 - 46.9
Aerobic Power	6:09 - 6:01	6:07 - 5:59	3:49 - 3:44	3:03 - 2:59	1:31 - 1:29	45.9 - 44.10
V.O2 Max	5:54 - 5:47	5:52 - 5:45	3:40 - 3:36	2:56 - 2:52	1:28 - 1:26	44.1 - 43.2
Anaerobic Endurance	5:35 - 5:23	5:33 - 5:21	3:28 - 3:21	2:46 - 2:40	1:23 - 1:20	41.7 - 40.2
Anaerobic Power	5:13 - 5:03	5:11 - 5:01	3:14 - 3:08	2:35 - 2:30	1:17 - 1:15	38.9 - 37.7
Speed Endurance	4:55 - 4:46	4:54 - 4:45	3:03 - 2:58	2:27 - 2:22	1:13 - 1:11	36.8 - 35.7
Speed	4:39 - 4:32	4:37 - 4:31	2:53 - 2:49	2:18 - 2:15	1:09 - 1:07	34.7 - 33.9

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
6:06.9	6:04.8	4:33.6	3:48.0	3:02.4	2:16.8	1:31.2	1:08.4	0:45.6

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
19:15	5:38	2:34	12:00

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	9:51 - 9:11	9:48 - 9:08	6:07 - 5:42	4:54 - 4:34	2:27 - 2:17	1:13 - 1:08
Easy	9:08 - 8:49	9:05 - 8:46	5:40 - 5:29	4:32 - 4:23	2:16 - 2:11	1:08 - 1:05
Easy/Moderate	8:32 - 8:15	8:29 - 8:13	5:18 - 5:08	4:14 - 4:06	2:07 - 2:03	1:03 - 1:01
Moderate	8:00 - 7:46	7:58 - 7:44	4:58 - 4:50	3:59 - 3:52	1:59 - 1:56	59.8 - 58.0
Easy Tempo	7:33 - 7:21	7:31 - 7:18	4:41 - 4:34	3:45 - 3:39	1:52 - 1:49	56.4 - 54.9
Tempo	7:10 - 6:59	7:07 - 6:56	4:27 - 4:20	3:33 - 3:28	1:46 - 1:44	53.4 - 52.1
Threshold	6:49 - 6:39	6:46 - 6:37	4:14 - 4:08	3:23 - 3:18	1:41 - 1:39	50.8 - 49.7
CV	6:30 - 6:21	6:28 - 6:19	4:02 - 3:57	3:14 - 3:09	1:37 - 1:34	48.5 - 47.5
Aerobic Power	6:13 - 6:06	6:11 - 6:04	3:52 - 3:47	3:05 - 3:02	1:32 - 1:31	46.5 - 45.5
V.O2 Max	5:59 - 5:52	5:56 - 5:50	3:43 - 3:38	2:58 - 2:55	1:29 - 1:27	44.6 - 43.8
Anaerobic Endurance	5:39 - 5:27	5:37 - 5:25	3:30 - 3:23	2:48 - 2:42	1:24 - 1:21	42.2 - 40.7
Anaerobic Power	5:17 - 5:07	5:15 - 5:05	3:17 - 3:11	2:37 - 2:32	1:18 - 1:16	39.4 - 38.2
Speed Endurance	4:59 - 4:50	4:57 - 4:48	3:06 - 3:00	2:28 - 2:24	1:14 - 1:12	37.2 - 36.1
Speed	4:43 - 4:36	4:41 - 4:34	2:55 - 2:51	2:20 - 2:17	1:10 - 1:08	35.2 - 34.3

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
6:11.8	6:09.6	4:37.2	3:51.0	3:04.8	2:18.6	1:32.4	1:09.3	0:46.2

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
19:30	5:42	2:36	12:10

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	9:58 - 9:18	9:55 - 9:14	6:12 - 5:46	4:57 - 4:37	2:28 - 2:18	1:14 - 1:09
Easy	9:15 - 8:56	9:12 - 8:53	5:45 - 5:33	4:36 - 4:26	2:18 - 2:13	1:09 - 1:06
Easy/Moderate	8:38 - 8:22	8:35 - 8:19	5:22 - 5:11	4:17 - 4:09	2:08 - 2:04	1:04 - 1:02
Moderate	8:06 - 7:52	8:03 - 7:49	5:02 - 4:53	4:01 - 3:54	2:00 - 1:57	1:00 - 58.7
Easy Tempo	7:39 - 7:26	7:36 - 7:24	4:45 - 4:37	3:48 - 3:42	1:54 - 1:51	57.1 - 55.5
Tempo	7:15 - 7:04	7:12 - 7:01	4:30 - 4:23	3:36 - 3:30	1:48 - 1:45	54.1 - 52.7
Threshold	6:54 - 6:44	6:51 - 6:42	4:17 - 4:11	3:25 - 3:21	1:42 - 1:40	51.5 - 50.3
CV	6:35 - 6:26	6:32 - 6:24	4:05 - 4:00	3:16 - 3:12	1:38 - 1:36	49.1 - 48.1
Aerobic Power	6:18 - 6:10	6:16 - 6:08	3:55 - 3:50	3:08 - 3:04	1:34 - 1:32	47.0 - 46.1
V.O2 Max	6:03 - 5:56	6:01 - 5:54	3:45 - 3:41	3:00 - 2:57	1:30 - 1:28	45.2 - 44.3
Anaerobic Endurance	5:43 - 5:31	5:41 - 5:29	3:33 - 3:26	2:50 - 2:44	1:25 - 1:22	42.7 - 41.2
Anaerobic Power	5:21 - 5:11	5:19 - 5:09	3:19 - 3:13	2:39 - 2:34	1:19 - 1:17	39.9 - 38.7
Speed Endurance	5:03 - 4:54	5:01 - 4:52	3:08 - 3:02	2:30 - 2:26	1:15 - 1:13	37.7 - 36.5
Speed	4:46 - 4:39	4:44 - 4:37	2:58 - 2:53	2:22 - 2:18	1:11 - 1:09	35.6 - 34.7

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
6:16.6	6:14.4	4:40.8	3:54.0	3:07.2	2:20.4	1:33.6	1:10.2	0:46.8

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
19:45	5:47	2:38	12:19

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	10:06 - 9:24	10:02 - 9:21	6:16 - 5:50	5:01 - 4:40	2:30 - 2:20	1:15 - 1:10
Easy	9:22 - 9:02	9:18 - 8:59	5:49 - 5:37	4:39 - 4:29	2:19 - 2:14	1:09 - 1:07
Easy/Moderate	8:44 - 8:28	8:41 - 8:25	5:26 - 5:15	4:20 - 4:12	2:10 - 2:06	1:05 - 1:03
Moderate	8:12 - 7:58	8:09 - 7:55	5:06 - 4:57	4:04 - 3:57	2:02 - 1:58	1:01 - 59.4
Easy Tempo	7:44 - 7:32	7:42 - 7:29	4:48 - 4:41	3:51 - 3:44	1:55 - 1:52	57.8 - 56.2
Tempo	7:20 - 7:09	7:18 - 7:07	4:33 - 4:26	3:39 - 3:33	1:49 - 1:46	54.8 - 53.4
Threshold	6:59 - 6:49	6:56 - 6:46	4:20 - 4:14	3:28 - 3:23	1:44 - 1:41	52.1 - 50.9
CV	6:40 - 6:31	6:37 - 6:29	4:08 - 4:03	3:18 - 3:14	1:39 - 1:37	49.7 - 48.6
Aerobic Power	6:23 - 6:15	6:20 - 6:13	3:58 - 3:53	3:10 - 3:06	1:35 - 1:33	47.6 - 46.6
V.O2 Max	6:07 - 6:00	6:05 - 5:58	3:48 - 3:44	3:02 - 2:59	1:31 - 1:29	45.7 - 44.8
Anaerobic Endurance	5:47 - 5:35	5:45 - 5:33	3:36 - 3:28	2:52 - 2:46	1:26 - 1:23	43.2 - 41.7
Anaerobic Power	5:24 - 5:15	5:23 - 5:13	3:21 - 3:15	2:41 - 2:36	1:20 - 1:18	40.4 - 39.1
Speed Endurance	5:07 - 4:57	5:05 - 4:55	3:10 - 3:04	2:32 - 2:27	1:16 - 1:13	38.2 - 36.10
Speed	4:49 - 4:42	4:48 - 4:41	3:00 - 2:55	2:24 - 2:20	1:12 - 1:10	36.0 - 35.2

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
6:21.4	6:19.2	4:44.4	3:57.0	3:09.6	2:22.2	1:34.8	1:11.1	0:47.4

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
20:00	5:51	2:40	12:28

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	10:13 - 9:31	10:09 - 9:28	6:21 - 5:55	5:04 - 4:44	2:32 - 2:22	1:16 - 1:11
Easy	9:28 - 9:09	9:25 - 9:05	5:53 - 5:41	4:42 - 4:32	2:21 - 2:16	1:10 - 1:08
Easy/Moderate	8:51 - 8:34	8:47 - 8:31	5:29 - 5:19	4:23 - 4:15	2:11 - 2:07	1:05 - 1:03
Moderate	8:18 - 8:04	8:15 - 8:01	5:09 - 5:00	4:07 - 4:00	2:03 - 2:00	1:01 - 1:00
Easy Tempo	7:50 - 7:37	7:47 - 7:35	4:52 - 4:44	3:53 - 3:47	1:56 - 1:53	58.5 - 56.9
Tempo	7:25 - 7:14	7:23 - 7:12	4:37 - 4:30	3:41 - 3:36	1:50 - 1:48	55.4 - 54.0
Threshold	7:04 - 6:54	7:01 - 6:51	4:23 - 4:17	3:30 - 3:25	1:45 - 1:42	52.7 - 51.5
CV	6:44 - 6:36	6:42 - 6:33	4:11 - 4:06	3:21 - 3:16	1:40 - 1:38	50.3 - 49.2
Aerobic Power	6:27 - 6:19	6:25 - 6:17	4:00 - 3:55	3:12 - 3:08	1:36 - 1:34	48.2 - 47.2
V.O2 Max	6:12 - 6:05	6:10 - 6:02	3:51 - 3:46	3:05 - 3:01	1:32 - 1:30	46.3 - 45.4
Anaerobic Endurance	5:51 - 5:39	5:49 - 5:37	3:38 - 3:31	2:54 - 2:48	1:27 - 1:24	43.7 - 42.2
Anaerobic Power	5:28 - 5:18	5:26 - 5:16	3:24 - 3:18	2:43 - 2:38	1:21 - 1:19	40.9 - 39.6
Speed Endurance	5:10 - 5:01	5:08 - 4:59	3:13 - 3:07	2:34 - 2:29	1:17 - 1:14	38.6 - 37.4
Speed	4:53 - 4:46	4:51 - 4:44	3:02 - 2:57	2:25 - 2:22	1:12 - 1:11	36.5 - 35.6

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
6:21.4	6:19.2	4:44.4	3:57.0	3:09.6	2:22.2	1:34.8	1:11.1	0:47.4

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
20:15	5:55	2:42	12:38

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	10:20 - 9:38	10:16 - 9:34	6:25 - 5:59	5:08 - 4:47	2:34 - 2:23	1:17 - 1:11
Easy	9:35 - 9:15	9:32 - 9:12	5:57 - 5:45	4:46 - 4:36	2:23 - 2:18	1:11 - 1:09
Easy/Moderate	8:57 - 8:40	8:54 - 8:37	5:33 - 5:23	4:27 - 4:18	2:13 - 2:09	1:06 - 1:04
Moderate	8:24 - 8:09	8:21 - 8:06	5:13 - 5:04	4:10 - 4:03	2:05 - 2:01	1:02 - 1:00
Easy Tempo	7:56 - 7:43	7:53 - 7:40	4:55 - 4:47	3:56 - 3:50	1:58 - 1:55	59.2 - 57.6
Tempo	7:31 - 7:19	7:28 - 7:17	4:40 - 4:33	3:44 - 3:38	1:52 - 1:49	56.1 - 54.7
Threshold	7:09 - 6:59	7:06 - 6:56	4:26 - 4:20	3:33 - 3:28	1:46 - 1:44	53.3 - 52.1
CV	6:49 - 6:40	6:47 - 6:38	4:14 - 4:08	3:23 - 3:19	1:41 - 1:39	50.9 - 49.8
Aerobic Power	6:32 - 6:24	6:29 - 6:21	4:03 - 3:58	3:14 - 3:10	1:37 - 1:35	48.7 - 47.7
V.O2 Max	6:16 - 6:09	6:14 - 6:07	3:54 - 3:49	3:07 - 3:03	1:33 - 1:31	46.8 - 45.9
Anaerobic Endurance	5:55 - 5:43	5:53 - 5:41	3:41 - 3:33	2:56 - 2:50	1:28 - 1:25	44.2 - 42.7
Anaerobic Power	5:32 - 5:22	5:30 - 5:20	3:26 - 3:20	2:45 - 2:40	1:22 - 1:20	41.3 - 40.1
Speed Endurance	5:14 - 5:04	5:12 - 5:02	3:15 - 3:09	2:36 - 2:31	1:18 - 1:15	39.1 - 37.9
Speed	4:56 - 4:49	4:55 - 4:47	3:04 - 2:59	2:27 - 2:23	1:13 - 1:11	36.9 - 35.10

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
6:31.1	6:28.8	4:51.6	4:03.0	3:14.4	2:25.8	1:37.2	1:12.9	0:48.6

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
20:30	6:00	2:44	12:47

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	10:27 - 9:45	10:24 - 9:41	6:30 - 6:03	5:12 - 4:50	2:36 - 2:25	1:18 - 1:12
Easy	9:42 - 9:22	9:38 - 9:18	6:01 - 5:49	4:49 - 4:39	2:24 - 2:19	1:12 - 1:09
Easy/Moderate	9:03 - 8:46	9:00 - 8:43	5:37 - 5:27	4:30 - 4:21	2:15 - 2:10	1:07 - 1:05
Moderate	8:30 - 8:15	8:27 - 8:12	5:17 - 5:07	4:13 - 4:06	2:06 - 2:03	1:03 - 1:01
Easy Tempo	8:01 - 7:48	7:58 - 7:45	4:59 - 4:51	3:59 - 3:52	1:59 - 1:56	59.8 - 58.2
Tempo	7:36 - 7:24	7:33 - 7:22	4:43 - 4:36	3:46 - 3:41	1:53 - 1:50	56.7 - 55.3
Threshold	7:14 - 7:04	7:11 - 7:01	4:29 - 4:23	3:35 - 3:30	1:47 - 1:45	53.10 - 52.7
CV	6:54 - 6:45	6:52 - 6:43	4:17 - 4:11	3:26 - 3:21	1:43 - 1:40	51.5 - 50.4
Aerobic Power	6:36 - 6:28	6:34 - 6:26	4:06 - 4:01	3:17 - 3:13	1:38 - 1:36	49.3 - 48.3
V.O2 Max	6:21 - 6:13	6:18 - 6:11	3:56 - 3:52	3:09 - 3:05	1:34 - 1:32	47.4 - 46.4
Anaerobic Endurance	6:00 - 5:47	5:58 - 5:45	3:43 - 3:36	2:59 - 2:52	1:29 - 1:26	44.8 - 43.2
Anaerobic Power	5:36 - 5:26	5:34 - 5:24	3:29 - 3:22	2:47 - 2:42	1:23 - 1:21	41.8 - 40.6
Speed Endurance	5:18 - 5:08	5:16 - 5:06	3:17 - 3:11	2:38 - 2:33	1:19 - 1:16	39.5 - 38.3
Speed	5:00 - 4:53	4:58 - 4:51	3:06 - 3:02	2:29 - 2:25	1:14 - 1:12	37.3 - 36.4

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
6:35.9	6:33.6	4:55.2	4:06.0	3:16.8	2:27.6	1:38.4	1:13.8	0:49.2

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
20:45	6:04	2:46	12:56

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	10:34 - 9:51	10:31 - 9:48	6:34 - 6:07	5:15 - 4:54	2:37 - 2:27	1:18 - 1:13
Easy	9:48 - 9:28	9:45 - 9:25	6:05 - 5:53	4:52 - 4:42	2:26 - 2:21	1:13 - 1:10
Easy/Moderate	9:09 - 8:52	9:06 - 8:49	5:41 - 5:30	4:33 - 4:24	2:16 - 2:12	1:08 - 1:06
Moderate	8:36 - 8:21	8:33 - 8:18	5:20 - 5:11	4:16 - 4:09	2:08 - 2:04	1:04 - 1:02
Easy Tempo	8:07 - 7:53	8:04 - 7:51	5:02 - 4:54	4:02 - 3:55	2:01 - 1:57	1:00 - 58.9
Tempo	7:41 - 7:30	7:38 - 7:27	4:46 - 4:39	3:49 - 3:43	1:54 - 1:51	57.4 - 55.9
Threshold	7:19 - 7:08	7:16 - 7:06	4:32 - 4:26	3:38 - 3:33	1:49 - 1:46	54.6 - 53.3
CV	6:59 - 6:50	6:56 - 6:47	4:20 - 4:14	3:28 - 3:23	1:44 - 1:41	52.1 - 50.10
Aerobic Power	6:41 - 6:33	6:39 - 6:30	4:09 - 4:04	3:19 - 3:15	1:39 - 1:37	49.9 - 48.9
V.O2 Max	6:25 - 6:18	6:23 - 6:15	3:59 - 3:54	3:11 - 3:07	1:35 - 1:33	47.9 - 46.10
Anaerobic Endurance	6:04 - 5:51	6:02 - 5:49	3:46 - 3:38	3:01 - 2:54	1:30 - 1:27	45.3 - 43.7
Anaerobic Power	5:40 - 5:30	5:38 - 5:28	3:31 - 3:25	2:49 - 2:44	1:24 - 1:22	42.3 - 41.0
Speed Endurance	5:21 - 5:11	5:19 - 5:10	3:19 - 3:13	2:39 - 2:35	1:19 - 1:17	39.10 - 38.8
Speed	5:03 - 4:56	5:02 - 4:54	3:08 - 3:04	2:31 - 2:27	1:15 - 1:13	37.8 - 36.8

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
6:40.7	6:38.4	4:58.8	4:09.0	3:19.2	2:29.4	1:39.6	1:14.7	0:49.8

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
21:00	6:09	2:48	13:06

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	10:42 - 9:58	10:38 - 9:55	6:39 - 6:11	5:19 - 4:57	2:39 - 2:28	1:19 - 1:14
Easy	9:55 - 9:35	9:52 - 9:31	6:10 - 5:57	4:56 - 4:45	2:28 - 2:22	1:14 - 1:11
Easy/Moderate	9:16 - 8:58	9:12 - 8:55	5:45 - 5:34	4:36 - 4:27	2:18 - 2:13	1:09 - 1:06
Moderate	8:42 - 8:26	8:39 - 8:23	5:24 - 5:14	4:19 - 4:11	2:09 - 2:05	1:04 - 1:02
Easy Tempo	8:12 - 7:59	8:09 - 7:56	5:06 - 4:57	4:04 - 3:58	2:02 - 1:59	1:01 - 59.6
Tempo	7:46 - 7:35	7:44 - 7:32	4:50 - 4:42	3:52 - 3:46	1:56 - 1:53	58.0 - 56.6
Threshold	7:24 - 7:13	7:21 - 7:11	4:36 - 4:29	3:40 - 3:35	1:50 - 1:47	55.2 - 53.9
CV	7:03 - 6:54	7:01 - 6:52	4:23 - 4:17	3:30 - 3:26	1:45 - 1:43	52.7 - 51.5
Aerobic Power	6:45 - 6:37	6:43 - 6:35	4:12 - 4:07	3:21 - 3:17	1:40 - 1:38	50.5 - 49.4
V.O2 Max	6:29 - 6:22	6:27 - 6:20	4:02 - 3:57	3:13 - 3:10	1:36 - 1:35	48.4 - 47.5
Anaerobic Endurance	6:08 - 5:55	6:06 - 5:53	3:48 - 3:41	3:03 - 2:56	1:31 - 1:28	45.8 - 44.2
Anaerobic Power	5:44 - 5:33	5:42 - 5:31	3:33 - 3:27	2:51 - 2:45	1:25 - 1:22	42.8 - 41.5
Speed Endurance	5:25 - 5:15	5:23 - 5:13	3:22 - 3:15	2:41 - 2:36	1:20 - 1:18	40.4 - 39.2
Speed	5:07 - 4:59	5:05 - 4:58	3:10 - 3:06	2:32 - 2:29	1:16 - 1:14	38.2 - 37.3

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
6:45.6	6:43.2	5:02.4	4:12.0	3:21.6	2:31.2	1:40.8	1:15.6	0:50.4

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
21:15	6:13	2:50	13:15

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	10:49 - 10:05	10:45 - 10:01	6:43 - 6:16	5:22 - 5:00	2:41 - 2:30	1:20 - 1:15
Easy	10:02 - 9:41	9:58 - 9:38	6:14 - 6:01	4:59 - 4:49	2:29 - 2:24	1:14 - 1:12
Easy/Moderate	9:22 - 9:04	9:19 - 9:01	5:49 - 5:38	4:39 - 4:30	2:19 - 2:15	1:09 - 1:07
Moderate	8:48 - 8:32	8:44 - 8:29	5:28 - 5:18	4:22 - 4:14	2:11 - 2:07	1:05 - 1:03
Easy Tempo	8:18 - 8:04	8:15 - 8:01	5:09 - 5:01	4:07 - 4:00	2:03 - 2:00	1:01 - 1:00
Tempo	7:52 - 7:40	7:49 - 7:37	4:53 - 4:46	3:54 - 3:48	1:57 - 1:54	58.7 - 57.2
Threshold	7:29 - 7:18	7:26 - 7:16	4:39 - 4:32	3:43 - 3:38	1:51 - 1:49	55.8 - 54.5
CV	7:08 - 6:59	7:06 - 6:56	4:26 - 4:20	3:33 - 3:28	1:46 - 1:44	53.3 - 52.1
Aerobic Power	6:50 - 6:42	6:48 - 6:39	4:15 - 4:09	3:24 - 3:19	1:42 - 1:39	51.0 - 49.10
V.O2 Max	6:34 - 6:26	6:31 - 6:24	4:04 - 4:00	3:15 - 3:12	1:37 - 1:36	48.10 - 48.0
Anaerobic Endurance	6:12 - 5:59	6:10 - 5:57	3:51 - 3:43	3:05 - 2:58	1:32 - 1:29	46.3 - 44.7
Anaerobic Power	5:48 - 5:37	5:46 - 5:35	3:36 - 3:29	2:53 - 2:47	1:26 - 1:23	43.3 - 41.10
Speed Endurance	5:29 - 5:18	5:27 - 5:17	3:24 - 3:18	2:43 - 2:38	1:21 - 1:19	40.9 - 39.6
Speed	5:10 - 5:03	5:08 - 5:01	3:13 - 3:08	2:34 - 2:30	1:17 - 1:15	38.6 - 37.7

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
6:50.4	6:48.0	5:06.0	4:15.0	3:24.0	2:33.0	1:42.0	1:16.5	0:51.0

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
21:30	6:17	2:52	13:25

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	10:56 - 10:12	10:52 - 10:08	6:48 - 6:20	5:26 - 5:04	2:43 - 2:32	1:21 - 1:16
Easy	10:08 - 9:48	10:05 - 9:44	6:18 - 6:05	5:02 - 4:52	2:31 - 2:26	1:15 - 1:13
Easy/Moderate	9:28 - 9:10	9:25 - 9:07	5:53 - 5:42	4:42 - 4:33	2:21 - 2:16	1:10 - 1:08
Moderate	8:53 - 8:38	8:50 - 8:35	5:31 - 5:22	4:25 - 4:17	2:12 - 2:08	1:06 - 1:04
Easy Tempo	8:23 - 8:10	8:20 - 8:07	5:13 - 5:04	4:10 - 4:03	2:05 - 2:01	1:02 - 1:00
Tempo	7:57 - 7:45	7:54 - 7:42	4:56 - 4:49	3:57 - 3:51	1:58 - 1:55	59.3 - 57.8
Threshold	7:34 - 7:23	7:31 - 7:20	4:42 - 4:35	3:45 - 3:40	1:52 - 1:50	56.4 - 55.1
CV	7:13 - 7:04	7:11 - 7:01	4:29 - 4:23	3:35 - 3:30	1:47 - 1:45	53.9 - 52.7
Aerobic Power	6:55 - 6:46	6:52 - 6:44	4:17 - 4:12	3:26 - 3:22	1:43 - 1:41	51.6 - 50.5
V.O2 Max	6:38 - 6:30	6:36 - 6:28	4:07 - 4:02	3:18 - 3:14	1:39 - 1:37	49.5 - 48.6
Anaerobic Endurance	6:16 - 6:03	6:14 - 6:01	3:54 - 3:46	3:07 - 3:00	1:33 - 1:30	46.8 - 45.2
Anaerobic Power	5:52 - 5:41	5:50 - 5:39	3:38 - 3:32	2:55 - 2:49	1:27 - 1:24	43.8 - 42.4
Speed Endurance	5:32 - 5:22	5:30 - 5:20	3:26 - 3:20	2:45 - 2:40	1:22 - 1:20	41.3 - 40.1
Speed	5:14 - 5:06	5:12 - 5:04	3:15 - 3:10	2:36 - 2:32	1:18 - 1:16	39.0 - 38.1

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
6:55.2	6:52.8	5:09.6	4:18.0	3:26.4	2:34.8	1:43.2	1:17.4	0:51.6

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
21:45	6:22	2:54	13:44

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	11:03 - 10:18	11:00 - 10:15	6:52 - 6:24	5:30 - 5:07	2:45 - 2:33	1:22 - 1:16
Easy	10:15 - 9:54	10:12 - 9:51	6:22 - 6:09	5:06 - 4:55	2:33 - 2:27	1:16 - 1:13
Easy/Moderate	9:34 - 9:16	9:31 - 9:13	5:57 - 5:45	4:45 - 4:36	2:22 - 2:18	1:11 - 1:09
Moderate	8:59 - 8:44	8:56 - 8:40	5:35 - 5:25	4:28 - 4:20	2:14 - 2:10	1:07 - 1:05
Easy Tempo	8:29 - 8:15	8:26 - 8:12	5:16 - 5:07	4:13 - 4:06	2:06 - 2:03	1:03 - 1:01
Tempo	8:02 - 7:50	7:59 - 7:47	4:59 - 4:52	3:59 - 3:53	1:59 - 1:56	59.10 - 58.5
Threshold	7:39 - 7:28	7:36 - 7:25	4:45 - 4:38	3:48 - 3:42	1:54 - 1:51	57.1 - 55.7
CV	7:18 - 7:08	7:15 - 7:06	4:32 - 4:26	3:37 - 3:33	1:48 - 1:46	54.5 - 53.3
Aerobic Power	6:59 - 6:51	6:57 - 6:48	4:20 - 4:15	3:28 - 3:24	1:44 - 1:42	52.2 - 51.1
V.O2 Max	6:42 - 6:35	6:40 - 6:32	4:10 - 4:05	3:20 - 3:16	1:40 - 1:38	50.1 - 49.1
Anaerobic Endurance	6:20 - 6:07	6:18 - 6:05	3:56 - 3:48	3:09 - 3:02	1:34 - 1:31	47.3 - 45.7
Anaerobic Power	5:55 - 5:45	5:53 - 5:43	3:41 - 3:34	2:56 - 2:51	1:28 - 1:25	44.2 - 42.9
Speed Endurance	5:36 - 5:26	5:34 - 5:24	3:28 - 3:22	2:47 - 2:42	1:23 - 1:21	41.8 - 40.5
Speed	5:17 - 5:09	5:15 - 5:08	3:17 - 3:12	2:37 - 2:34	1:18 - 1:17	39.5 - 38.5

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
7:00.0	6:57.6	5:13.2	4:21.0	3:28.8	2:36.6	1:44.4	1:18.3	0:52.2

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
22:00	6:26	2:56	13:43

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	11:11 - 10:25	11:07 - 10:21	6:56 - 6:28	5:33 - 5:10	2:46 - 2:35	1:23 - 1:17
Easy	10:22 - 10:00	10:18 - 9:57	6:26 - 6:13	5:09 - 4:58	2:34 - 2:29	1:17 - 1:14
Easy/Moderate	9:41 - 9:22	9:37 - 9:19	6:01 - 5:49	4:48 - 4:39	2:24 - 2:19	1:12 - 1:09
Moderate	9:05 - 8:49	9:02 - 8:46	5:39 - 5:29	4:31 - 4:23	2:15 - 2:11	1:07 - 1:05
Easy Tempo	8:34 - 8:20	8:31 - 8:18	5:19 - 5:11	4:15 - 4:09	2:07 - 2:04	1:03 - 1:02
Tempo	8:07 - 7:55	8:05 - 7:52	5:03 - 4:55	4:02 - 3:56	2:01 - 1:58	1:00 - 59.1
Threshold	7:44 - 7:33	7:41 - 7:30	4:48 - 4:41	3:50 - 3:45	1:55 - 1:52	57.7 - 56.3
CV	7:23 - 7:13	7:20 - 7:10	4:35 - 4:29	3:40 - 3:35	1:50 - 1:47	55.1 - 53.9
Aerobic Power	7:04 - 6:55	7:01 - 6:53	4:23 - 4:18	3:30 - 3:26	1:45 - 1:43	52.7 - 51.6
V.O2 Max	6:47 - 6:39	6:44 - 6:37	4:13 - 4:08	3:22 - 3:18	1:41 - 1:39	50.6 - 49.6
Anaerobic Endurance	6:24 - 6:11	6:22 - 6:09	3:59 - 3:51	3:11 - 3:04	1:35 - 1:32	47.8 - 46.2
Anaerobic Power	5:59 - 5:48	5:57 - 5:46	3:43 - 3:36	2:58 - 2:53	1:29 - 1:26	44.7 - 43.4
Speed Endurance	5:39 - 5:29	5:37 - 5:27	3:31 - 3:24	2:48 - 2:43	1:24 - 1:21	42.2 - 40.10
Speed	5:21 - 5:13	5:19 - 5:11	3:19 - 3:14	2:39 - 2:35	1:19 - 1:17	39.9 - 38.9

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
7:04.9	7:02.4	5:16.8	4:24.0	3:31.2	2:38.4	1:45.6	1:19.2	0:52.8

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
22:15	6:31	2:58	13:53

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	11:18 - 10:32	11:14 - 10:28	7:01 - 6:32	5:37 - 5:14	2:48 - 2:37	1:24 - 1:18
Easy	10:29 - 10:07	10:25 - 10:03	6:30 - 6:17	5:12 - 5:01	2:36 - 2:30	1:18 - 1:15
Easy/Moderate	9:47 - 9:28	9:43 - 9:25	6:04 - 5:53	4:51 - 4:42	2:25 - 2:21	1:12 - 1:10
Moderate	9:11 - 8:55	9:08 - 8:52	5:42 - 5:32	4:34 - 4:26	2:17 - 2:13	1:08 - 1:06
Easy Tempo	8:40 - 8:26	8:37 - 8:23	5:23 - 5:14	4:18 - 4:11	2:09 - 2:05	1:04 - 1:02
Tempo	8:13 - 8:00	8:10 - 7:57	5:06 - 4:58	4:05 - 3:58	2:02 - 1:59	1:01 - 59.7
Threshold	7:49 - 7:38	7:46 - 7:35	4:51 - 4:44	3:53 - 3:47	1:56 - 1:53	58.3 - 56.9
CV	7:27 - 7:18	7:25 - 7:15	4:38 - 4:32	3:42 - 3:37	1:51 - 1:48	55.7 - 54.4
Aerobic Power	7:08 - 7:00	7:06 - 6:57	4:26 - 4:20	3:33 - 3:28	1:46 - 1:44	53.3 - 52.2
V.O2 Max	6:51 - 6:43	6:49 - 6:41	4:15 - 4:10	3:24 - 3:20	1:42 - 1:40	51.2 - 50.2
Anaerobic Endurance	6:29 - 6:15	6:26 - 6:13	4:01 - 3:53	3:13 - 3:06	1:36 - 1:33	48.4 - 46.7
Anaerobic Power	6:03 - 5:52	6:01 - 5:50	3:45 - 3:39	3:00 - 2:55	1:30 - 1:27	45.2 - 43.8
Speed Endurance	5:43 - 5:33	5:41 - 5:31	3:33 - 3:26	2:50 - 2:45	1:25 - 1:22	42.7 - 41.4
Speed	5:24 - 5:16	5:22 - 5:14	3:21 - 3:16	2:41 - 2:37	1:20 - 1:18	40.3 - 39.3

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
7:09.7	7:07.2	5:20.4	4:27.0	3:33.6	2:40.2	1:46.8	1:20.1	0:53.4

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
22:30	6:35	3:00	14:02

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	11:25 - 10:38	11:21 - 10:35	7:05 - 6:37	5:40 - 5:17	2:50 - 2:38	1:25 - 1:19
Easy	10:35 - 10:13	10:32 - 10:10	6:35 - 6:21	5:16 - 5:05	2:38 - 2:32	1:19 - 1:16
Easy/Moderate	9:53 - 9:34	9:50 - 9:31	6:08 - 5:57	4:55 - 4:45	2:27 - 2:22	1:13 - 1:11
Moderate	9:17 - 9:01	9:14 - 8:57	5:46 - 5:36	4:37 - 4:28	2:18 - 2:14	1:09 - 1:07
Easy Tempo	8:45 - 8:31	8:42 - 8:28	5:26 - 5:17	4:21 - 4:14	2:10 - 2:07	1:05 - 1:03
Tempo	8:18 - 8:05	8:15 - 8:03	5:09 - 5:01	4:07 - 4:01	2:03 - 2:00	1:01 - 1:00
Threshold	7:54 - 7:43	7:51 - 7:40	4:54 - 4:47	3:55 - 3:50	1:57 - 1:55	58.9 - 57.5
CV	7:32 - 7:22	7:29 - 7:20	4:41 - 4:35	3:44 - 3:40	1:52 - 1:50	56.2 - 55.0
Aerobic Power	7:13 - 7:04	7:10 - 7:01	4:29 - 4:23	3:35 - 3:30	1:47 - 1:45	53.9 - 52.7
V.O2 Max	6:56 - 6:48	6:53 - 6:45	4:18 - 4:13	3:26 - 3:22	1:43 - 1:41	51.7 - 50.7
Anaerobic Endurance	6:33 - 6:19	6:30 - 6:17	4:04 - 3:55	3:15 - 3:08	1:37 - 1:34	48.9 - 47.2
Anaerobic Power	6:07 - 5:56	6:05 - 5:54	3:48 - 3:41	3:02 - 2:57	1:31 - 1:28	45.7 - 44.3
Speed Endurance	5:47 - 5:36	5:45 - 5:34	3:35 - 3:29	2:52 - 2:47	1:26 - 1:23	43.2 - 41.8
Speed	5:27 - 5:19	5:26 - 5:18	3:23 - 3:18	2:43 - 2:39	1:21 - 1:19	40.8 - 39.8

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
7:14.5	7:12.0	5:24.0	4:30.0	3:36.0	2:42.0	1:48.0	1:21.0	0:54.0

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
22:45	6:39	3:02	14:11

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	11:32 - 10:45	11:28 - 10:41	7:10 - 6:41	5:44 - 5:20	2:52 - 2:40	1:26 - 1:20
Easy	10:42 - 10:20	10:38 - 10:16	6:39 - 6:25	5:19 - 5:08	2:39 - 2:34	1:19 - 1:17
Easy/Moderate	9:59 - 9:40	9:56 - 9:37	6:12 - 6:00	4:58 - 4:48	2:29 - 2:24	1:14 - 1:12
Moderate	9:23 - 9:06	9:19 - 9:03	5:49 - 5:39	4:39 - 4:31	2:19 - 2:15	1:09 - 1:07
Easy Tempo	8:51 - 8:37	8:48 - 8:34	5:30 - 5:21	4:24 - 4:17	2:12 - 2:08	1:06 - 1:04
Tempo	8:23 - 8:10	8:20 - 8:08	5:12 - 5:05	4:10 - 4:04	2:05 - 2:02	1:02 - 1:01
Threshold	7:59 - 7:47	7:56 - 7:45	4:57 - 4:50	3:58 - 3:52	1:59 - 1:56	59.5 - 58.1
CV	7:37 - 7:27	7:34 - 7:24	4:44 - 4:37	3:47 - 3:42	1:53 - 1:51	56.8 - 55.6
Aerobic Power	7:17 - 7:08	7:15 - 7:06	4:32 - 4:26	3:37 - 3:33	1:48 - 1:46	54.4 - 53.3
V.O2 Max	7:00 - 6:52	6:57 - 6:49	4:21 - 4:16	3:28 - 3:24	1:44 - 1:42	52.2 - 51.2
Anaerobic Endurance	6:37 - 6:23	6:35 - 6:21	4:06 - 3:58	3:17 - 3:10	1:38 - 1:35	49.4 - 47.7
Anaerobic Power	6:11 - 6:00	6:09 - 5:57	3:50 - 3:43	3:04 - 2:58	1:32 - 1:29	46.2 - 44.7
Speed Endurance	5:50 - 5:40	5:48 - 5:38	3:38 - 3:31	2:54 - 2:49	1:27 - 1:24	43.6 - 42.3
Speed	5:31 - 5:23	5:29 - 5:21	3:25 - 3:20	2:44 - 2:40	1:22 - 1:20	41.2 - 40.2

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
7:19.4	7:16.8	5:27.6	4:33.0	3:38.4	2:43.8	1:49.2	1:21.9	0:54.6

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
23:00	6:44	3:04	14:21

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	11:39 - 10:52	11:35 - 10:48	7:14 - 6:45	5:47 - 5:24	2:53 - 2:42	1:26 - 1:21
Easy	10:49 - 10:26	10:45 - 10:23	6:43 - 6:29	5:22 - 5:11	2:41 - 2:35	1:20 - 1:17
Easy/Moderate	10:06 - 9:46	10:02 - 9:43	6:16 - 6:04	5:01 - 4:51	2:30 - 2:25	1:15 - 1:12
Moderate	9:29 - 9:12	9:25 - 9:09	5:53 - 5:43	4:42 - 4:34	2:21 - 2:17	1:10 - 1:08
Easy Tempo	8:56 - 8:42	8:53 - 8:39	5:33 - 5:24	4:26 - 4:19	2:13 - 2:09	1:06 - 1:04
Tempo	8:28 - 8:16	8:25 - 8:13	5:16 - 5:08	4:12 - 4:06	2:06 - 2:03	1:03 - 1:01
Threshold	8:04 - 7:52	8:01 - 7:50	5:00 - 4:53	4:00 - 3:55	2:00 - 1:57	1:00 - 58.8
CV	7:42 - 7:31	7:39 - 7:29	4:47 - 4:40	3:49 - 3:44	1:54 - 1:52	57.4 - 56.2
Aerobic Power	7:22 - 7:13	7:19 - 7:10	4:34 - 4:29	3:39 - 3:35	1:49 - 1:47	54.10 - 53.9
V.O2 Max	7:04 - 6:56	7:02 - 6:54	4:23 - 4:18	3:31 - 3:27	1:45 - 1:43	52.8 - 51.8
Anaerobic Endurance	6:41 - 6:27	6:39 - 6:25	4:09 - 4:00	3:19 - 3:12	1:39 - 1:36	49.9 - 48.2
Anaerobic Power	6:15 - 6:03	6:13 - 6:01	3:53 - 3:46	3:06 - 3:00	1:33 - 1:30	46.6 - 45.2
Speed Endurance	5:54 - 5:43	5:52 - 5:41	3:40 - 3:33	2:56 - 2:50	1:28 - 1:25	44.1 - 42.7
Speed	5:34 - 5:26	5:32 - 5:24	3:28 - 3:22	2:46 - 2:42	1:23 - 1:21	41.6 - 40.6

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
7:24.2	7:21.6	5:31.2	4:36.0	3:40.8	2:45.6	1:50.4	1:22.8	0:55.2

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
23:15	6:48	3:06	14:30

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	11:47 - 10:59	11:42 - 10:55	7:19 - 6:49	5:51 - 5:27	2:55 - 2:43	1:27 - 1:21
Easy	10:55 - 10:33	10:51 - 10:29	6:47 - 6:33	5:25 - 5:14	2:42 - 2:37	1:21 - 1:18
Easy/Moderate	10:12 - 9:52	10:08 - 9:49	6:20 - 6:08	5:04 - 4:54	2:32 - 2:27	1:16 - 1:13
Moderate	9:34 - 9:18	9:31 - 9:14	5:57 - 5:46	4:45 - 4:37	2:22 - 2:18	1:11 - 1:09
Easy Tempo	9:02 - 8:47	8:59 - 8:44	5:37 - 5:27	4:29 - 4:22	2:14 - 2:11	1:07 - 1:05
Tempo	8:34 - 8:21	8:31 - 8:18	5:19 - 5:11	4:15 - 4:09	2:07 - 2:04	1:03 - 1:02
Threshold	8:09 - 7:57	8:06 - 7:54	5:03 - 4:56	4:03 - 3:57	2:01 - 1:58	1:00 - 59.4
CV	7:46 - 7:36	7:44 - 7:33	4:50 - 4:43	3:52 - 3:46	1:56 - 1:53	58.0 - 56.7
Aerobic Power	7:26 - 7:17	7:24 - 7:15	4:37 - 4:32	3:42 - 3:37	1:51 - 1:48	55.5 - 54.4
V.O2 Max	7:09 - 7:00	7:06 - 6:58	4:26 - 4:21	3:33 - 3:29	1:46 - 1:44	53.3 - 52.3
Anaerobic Endurance	6:45 - 6:31	6:43 - 6:29	4:12 - 4:03	3:21 - 3:14	1:40 - 1:37	50.4 - 48.7
Anaerobic Power	6:19 - 6:07	6:16 - 6:05	3:55 - 3:48	3:08 - 3:02	1:34 - 1:31	47.1 - 45.7
Speed Endurance	5:58 - 5:47	5:56 - 5:45	3:42 - 3:35	2:58 - 2:52	1:29 - 1:26	44.5 - 43.2
Speed	5:38 - 5:30	5:36 - 5:28	3:30 - 3:25	2:48 - 2:44	1:24 - 1:22	42.0 - 41.0

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
7:29.0	7:26.4	5:34.8	4:39.0	3:43.2	2:47.4	1:51.6	1:23.7	0:55.8

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
23:30	6:53	3:08	14:39

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	11:54 - 11:05	11:50 - 11:01	7:23 - 6:53	5:55 - 5:30	2:57 - 2:45	1:28 - 1:22
Easy	11:02 - 10:39	10:58 - 10:35	6:51 - 6:37	5:29 - 5:17	2:44 - 2:38	1:22 - 1:19
Easy/Moderate	10:18 - 9:58	10:14 - 9:55	6:24 - 6:12	5:07 - 4:57	2:33 - 2:28	1:16 - 1:14
Moderate	9:40 - 9:23	9:37 - 9:20	6:00 - 5:50	4:48 - 4:40	2:24 - 2:20	1:12 - 1:10
Easy Tempo	9:07 - 8:53	9:04 - 8:50	5:40 - 5:31	4:32 - 4:25	2:16 - 2:12	1:08 - 1:06
Tempo	8:39 - 8:26	8:36 - 8:23	5:22 - 5:14	4:18 - 4:11	2:09 - 2:05	1:04 - 1:02
Threshold	8:14 - 8:02	8:11 - 7:59	5:06 - 4:59	4:05 - 3:59	2:02 - 1:59	1:01 - 59.10
CV	7:51 - 7:41	7:48 - 7:38	4:53 - 4:46	3:54 - 3:49	1:57 - 1:54	58.6 - 57.3
Aerobic Power	7:31 - 7:22	7:28 - 7:19	4:40 - 4:34	3:44 - 3:39	1:52 - 1:49	56.1 - 54.10
V.O2 Max	7:13 - 7:05	7:11 - 7:02	4:29 - 4:24	3:35 - 3:31	1:47 - 1:45	53.9 - 52.8
Anaerobic Endurance	6:49 - 6:35	6:47 - 6:33	4:14 - 4:05	3:23 - 3:16	1:41 - 1:38	50.9 - 49.2
Anaerobic Power	6:22 - 6:11	6:20 - 6:09	3:57 - 3:50	3:10 - 3:04	1:35 - 1:32	47.6 - 46.1
Speed Endurance	6:01 - 5:50	5:59 - 5:48	3:44 - 3:37	2:59 - 2:54	1:29 - 1:27	44.10 - 43.6
Speed	5:41 - 5:33	5:39 - 5:31	3:32 - 3:27	2:49 - 2:45	1:24 - 1:22	42.5 - 41.4

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
7:33.8	7:31.2	5:38.4	4:42.0	3:45.6	2:49.2	1:52.8	1:24.6	0:56.4

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
23:45	6:57	3:10	14:49

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	12:01 - 11:12	11:57 - 11:08	7:28 - 6:57	5:58 - 5:34	2:59 - 2:47	1:29 - 1:23
Easy	11:09 - 10:46	11:05 - 10:42	6:55 - 6:41	5:32 - 5:21	2:46 - 2:40	1:23 - 1:20
Easy/Moderate	10:24 - 10:04	10:21 - 10:01	6:28 - 6:15	5:10 - 5:00	2:35 - 2:30	1:17 - 1:15
Moderate	9:46 - 9:29	9:43 - 9:26	6:04 - 5:53	4:51 - 4:43	2:25 - 2:21	1:12 - 1:10
Easy Tempo	9:13 - 8:58	9:10 - 8:55	5:43 - 5:34	4:35 - 4:27	2:17 - 2:13	1:08 - 1:06
Tempo	8:44 - 8:31	8:41 - 8:28	5:25 - 5:17	4:20 - 4:14	2:10 - 2:07	1:05 - 1:03
Threshold	8:18 - 8:07	8:16 - 8:04	5:10 - 5:02	4:08 - 4:02	2:04 - 2:01	1:02 - 1:00
CV	7:56 - 7:45	7:53 - 7:43	4:55 - 4:49	3:56 - 3:51	1:58 - 1:55	59.2 - 57.9
Aerobic Power	7:36 - 7:26	7:33 - 7:24	4:43 - 4:37	3:46 - 3:42	1:53 - 1:51	56.7 - 55.5
V.O2 Max	7:17 - 7:09	7:15 - 7:06	4:32 - 4:26	3:37 - 3:33	1:48 - 1:46	54.4 - 53.4
Anaerobic Endurance	6:53 - 6:39	6:51 - 6:37	4:17 - 4:08	3:25 - 3:18	1:42 - 1:39	51.4 - 49.7
Anaerobic Power	6:26 - 6:15	6:24 - 6:12	4:00 - 3:53	3:12 - 3:06	1:36 - 1:33	48.1 - 46.6
Speed Endurance	6:05 - 5:54	6:03 - 5:52	3:47 - 3:40	3:01 - 2:56	1:30 - 1:28	45.4 - 44.0
Speed	5:45 - 5:36	5:43 - 5:34	3:34 - 3:29	2:51 - 2:47	1:25 - 1:23	42.9 - 41.8

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
7:38.7	7:35.10	5:41.10	4:45.0	3:47.10	2:50.10	1:53.10	1:25.5	0:56.10

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
24:00	7:01	3:12	14:58

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	12:08 - 11:19	12:04 - 11:15	7:32 - 7:01	6:02 - 5:37	3:01 - 2:48	1:30 - 1:24
Easy	11:15 - 10:52	11:11 - 10:48	6:59 - 6:45	5:35 - 5:24	2:47 - 2:42	1:23 - 1:21
Easy/Moderate	10:30 - 10:10	10:27 - 10:07	6:32 - 6:19	5:13 - 5:03	2:36 - 2:31	1:18 - 1:15
Moderate	9:52 - 9:35	9:48 - 9:31	6:08 - 5:57	4:54 - 4:45	2:27 - 2:22	1:13 - 1:11
Easy Tempo	9:18 - 9:03	9:15 - 9:00	5:47 - 5:37	4:37 - 4:30	2:18 - 2:15	1:09 - 1:07
Tempo	8:49 - 8:36	8:46 - 8:33	5:29 - 5:20	4:23 - 4:16	2:11 - 2:08	1:05 - 1:04
Threshold	8:23 - 8:12	8:21 - 8:09	5:13 - 5:05	4:10 - 4:04	2:05 - 2:02	1:02 - 1:01
CV	8:01 - 7:50	7:58 - 7:47	4:58 - 4:52	3:59 - 3:53	1:59 - 1:56	59.8 - 58.5
Aerobic Power	7:40 - 7:31	7:37 - 7:28	4:46 - 4:40	3:48 - 3:44	1:54 - 1:52	57.2 - 56.1
V.O2 Max	7:22 - 7:13	7:19 - 7:11	4:34 - 4:29	3:39 - 3:35	1:49 - 1:47	54.10 - 53.9
Anaerobic Endurance	6:57 - 6:43	6:55 - 6:41	4:19 - 4:10	3:27 - 3:20	1:43 - 1:40	51.9 - 50.2
Anaerobic Power	6:30 - 6:18	6:28 - 6:16	4:02 - 3:55	3:14 - 3:08	1:37 - 1:34	48.5 - 47.1
Speed Endurance	6:09 - 5:57	6:06 - 5:55	3:49 - 3:42	3:03 - 2:57	1:31 - 1:28	45.9 - 44.5
Speed	5:48 - 5:40	5:46 - 5:38	3:36 - 3:31	2:53 - 2:49	1:26 - 1:24	43.3 - 42.3

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
7:43.5	7:40.8	5:45.6	4:48.0	3:50.4	2:52.8	1:55.2	1:26.4	0:57.6

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
24:15	7:06	3:14	15:08

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	12:15 - 11:25	12:11 - 11:21	7:37 - 7:06	6:05 - 5:40	3:02 - 2:50	1:31 - 1:25
Easy	11:22 - 10:58	11:18 - 10:55	7:04 - 6:49	5:39 - 5:27	2:49 - 2:43	1:24 - 1:21
Easy/Moderate	10:37 - 10:16	10:33 - 10:13	6:35 - 6:23	5:16 - 5:06	2:38 - 2:33	1:19 - 1:16
Moderate	9:58 - 9:40	9:54 - 9:37	6:11 - 6:00	4:57 - 4:48	2:28 - 2:24	1:14 - 1:12
Easy Tempo	9:24 - 9:09	9:21 - 9:06	5:50 - 5:41	4:40 - 4:33	2:20 - 2:16	1:10 - 1:08
Tempo	8:54 - 8:41	8:51 - 8:38	5:32 - 5:24	4:25 - 4:19	2:12 - 2:09	1:06 - 1:04
Threshold	8:28 - 8:17	8:25 - 8:14	5:16 - 5:08	4:12 - 4:07	2:06 - 2:03	1:03 - 1:01
CV	8:05 - 7:55	8:02 - 7:52	5:01 - 4:55	4:01 - 3:56	2:00 - 1:58	1:00 - 59.1
Aerobic Power	7:45 - 7:35	7:42 - 7:32	4:49 - 4:43	3:51 - 3:46	1:55 - 1:53	57.8 - 56.6
V.O2 Max	7:26 - 7:18	7:24 - 7:15	4:37 - 4:32	3:42 - 3:37	1:51 - 1:48	55.5 - 54.4
Anaerobic Endurance	7:02 - 6:47	6:59 - 6:45	4:22 - 4:13	3:29 - 3:22	1:44 - 1:41	52.5 - 50.7
Anaerobic Power	6:34 - 6:22	6:32 - 6:20	4:05 - 3:57	3:16 - 3:10	1:38 - 1:35	49.0 - 47.5
Speed Endurance	6:12 - 6:01	6:10 - 5:59	3:51 - 3:44	3:05 - 2:59	1:32 - 1:29	46.3 - 44.9
Speed	5:52 - 5:43	5:50 - 5:41	3:38 - 3:33	2:55 - 2:50	1:27 - 1:25	43.8 - 42.7

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
7:48.3	7:45.6	5:49.2	4:51.0	3:52.8	2:54.6	1:56.4	1:27.3	0:58.2

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
24:30	7:10	3:16	15:17

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	12:22 - 11:32	12:18 - 11:28	7:41 - 7:10	6:09 - 5:44	3:04 - 2:52	1:32 - 1:26
Easy	11:29 - 11:05	11:25 - 11:01	7:08 - 6:53	5:42 - 5:30	2:51 - 2:45	1:25 - 1:22
Easy/Moderate	10:43 - 10:22	10:39 - 10:19	6:39 - 6:27	5:19 - 5:09	2:39 - 2:34	1:19 - 1:17
Moderate	10:04 - 9:46	10:00 - 9:43	6:15 - 6:04	5:00 - 4:51	2:30 - 2:25	1:15 - 1:12
Easy Tempo	9:29 - 9:14	9:26 - 9:11	5:54 - 5:44	4:43 - 4:35	2:21 - 2:17	1:10 - 1:08
Tempo	9:00 - 8:46	8:57 - 8:43	5:35 - 5:27	4:28 - 4:21	2:14 - 2:10	1:07 - 1:05
Threshold	8:33 - 8:21	8:30 - 8:18	5:19 - 5:11	4:15 - 4:09	2:07 - 2:04	1:03 - 1:02
CV	8:10 - 7:59	8:07 - 7:57	5:04 - 4:58	4:03 - 3:58	2:01 - 1:59	1:00 - 59.6
Aerobic Power	7:49 - 7:40	7:46 - 7:37	4:51 - 4:45	3:53 - 3:48	1:56 - 1:54	58.4 - 57.2
V.O2 Max	7:30 - 7:22	7:28 - 7:19	4:40 - 4:34	3:44 - 3:39	1:52 - 1:49	56.0 - 54.10
Anaerobic Endurance	7:06 - 6:51	7:03 - 6:49	4:24 - 4:15	3:31 - 3:24	1:45 - 1:42	52.10 - 51.2
Anaerobic Power	6:38 - 6:26	6:36 - 6:23	4:07 - 3:59	3:18 - 3:11	1:39 - 1:35	49.5 - 47.10
Speed Endurance	6:16 - 6:04	6:14 - 6:02	3:53 - 3:46	3:07 - 3:01	1:33 - 1:30	46.8 - 45.3
Speed	5:55 - 5:46	5:53 - 5:44	3:40 - 3:35	2:56 - 2:52	1:28 - 1:26	44.2 - 43.1

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
7:53.1	7:50.4	5:52.8	4:54.0	3:55.2	2:56.4	1:57.6	1:28.2	0:58.8

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
24:45	7:15	3:18	15:26

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	12:30 - 11:39	12:25 - 11:35	7:46 - 7:14	6:12 - 5:47	3:06 - 2:53	1:33 - 1:26
Easy	11:35 - 11:11	11:31 - 11:07	7:12 - 6:57	5:45 - 5:33	2:52 - 2:46	1:26 - 1:23
Easy/Moderate	10:49 - 10:28	10:45 - 10:25	6:43 - 6:30	5:22 - 5:12	2:41 - 2:36	1:20 - 1:18
Moderate	10:09 - 9:52	10:06 - 9:48	6:18 - 6:07	5:03 - 4:54	2:31 - 2:27	1:15 - 1:13
Easy Tempo	9:35 - 9:19	9:32 - 9:16	5:57 - 5:47	4:46 - 4:38	2:23 - 2:19	1:11 - 1:09
Tempo	9:05 - 8:51	9:02 - 8:48	5:38 - 5:30	4:31 - 4:24	2:15 - 2:12	1:07 - 1:06
Threshold	8:38 - 8:26	8:35 - 8:23	5:22 - 5:14	4:17 - 4:11	2:08 - 2:05	1:04 - 1:02
CV	8:15 - 8:04	8:12 - 8:01	5:07 - 5:01	4:06 - 4:00	2:03 - 2:00	1:01 - 1:00
Aerobic Power	7:54 - 7:44	7:51 - 7:41	4:54 - 4:48	3:55 - 3:50	1:57 - 1:55	58.9 - 57.7
V.O2 Max	7:35 - 7:26	7:32 - 7:23	4:42 - 4:37	3:46 - 3:41	1:53 - 1:50	56.6 - 55.5
Anaerobic Endurance	7:10 - 6:55	7:07 - 6:53	4:27 - 4:18	3:33 - 3:26	1:46 - 1:43	53.5 - 51.6
Anaerobic Power	6:42 - 6:29	6:39 - 6:27	4:09 - 4:02	3:19 - 3:13	1:39 - 1:36	49.10 - 48.5
Speed Endurance	6:20 - 6:08	6:17 - 6:06	3:56 - 3:48	3:08 - 3:03	1:34 - 1:31	47.2 - 45.8
Speed	5:58 - 5:50	5:56 - 5:48	3:43 - 3:37	2:58 - 2:54	1:29 - 1:27	44.6 - 43.5

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
7:57.10	7:55.2	5:56.4	4:57.0	3:57.6	2:58.2	1:58.8	1:29.1	0:59.4

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
25:00	7:19	3:20	15:36

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	12:37 - 11:45	12:32 - 11:41	7:50 - 7:18	6:16 - 5:50	3:08 - 2:55	1:34 - 1:27
Easy	11:42 - 11:18	11:38 - 11:14	7:16 - 7:01	5:49 - 5:37	2:54 - 2:48	1:27 - 1:24
Easy/Moderate	10:55 - 10:34	10:51 - 10:31	6:47 - 6:34	5:25 - 5:15	2:42 - 2:37	1:21 - 1:18
Moderate	10:15 - 9:57	10:12 - 9:54	6:22 - 6:11	5:06 - 4:57	2:33 - 2:28	1:16 - 1:14
Easy Tempo	9:40 - 9:25	9:37 - 9:21	6:00 - 5:51	4:48 - 4:40	2:24 - 2:20	1:12 - 1:10
Tempo	9:10 - 8:56	9:07 - 8:53	5:42 - 5:33	4:33 - 4:26	2:16 - 2:13	1:08 - 1:06
Threshold	8:43 - 8:31	8:40 - 8:28	5:25 - 5:17	4:20 - 4:14	2:10 - 2:07	1:05 - 1:03
CV	8:19 - 8:09	8:17 - 8:06	5:10 - 5:03	4:08 - 4:03	2:04 - 2:01	1:02 - 1:00
Aerobic Power	7:58 - 7:48	7:55 - 7:46	4:57 - 4:51	3:57 - 3:53	1:58 - 1:56	59.5 - 58.3
V.O2 Max	7:39 - 7:30	7:36 - 7:28	4:45 - 4:40	3:48 - 3:44	1:54 - 1:52	57.1 - 56.0
Anaerobic Endurance	7:14 - 6:59	7:11 - 6:57	4:29 - 4:20	3:35 - 3:28	1:47 - 1:44	53.10 - 52.1
Anaerobic Power	6:46 - 6:33	6:43 - 6:31	4:12 - 4:04	3:21 - 3:15	1:40 - 1:37	50.5 - 48.9
Speed Endurance	6:23 - 6:11	6:21 - 6:09	3:58 - 3:51	3:10 - 3:04	1:35 - 1:32	47.7 - 46.2
Speed	6:02 - 5:53	6:00 - 5:51	3:45 - 3:39	3:00 - 2:55	1:30 - 1:27	45.0 - 43.9

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
8:02.8	8:00.0	6:00.0	5:00.0	4:00.0	3:00.0	2:00.0	1:30.0	1:00.0

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
25:15	7:23	3:22	15:45

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	12:44 - 11:52	12:39 - 11:48	7:54 - 7:22	6:19 - 5:54	3:09 - 2:57	1:34 - 1:28
Easy	11:48 - 11:24	11:44 - 11:20	7:20 - 7:05	5:52 - 5:40	2:56 - 2:50	1:28 - 1:25
Easy/Moderate	11:01 - 10:40	10:58 - 10:37	6:51 - 6:38	5:29 - 5:18	2:44 - 2:39	1:22 - 1:19
Moderate	10:21 - 10:03	10:17 - 9:59	6:26 - 6:14	5:08 - 4:59	2:34 - 2:29	1:17 - 1:14
Easy Tempo	9:46 - 9:30	9:43 - 9:27	6:04 - 5:54	4:51 - 4:43	2:25 - 2:21	1:12 - 1:10
Tempo	9:15 - 9:01	9:12 - 8:58	5:45 - 5:36	4:36 - 4:29	2:18 - 2:14	1:09 - 1:07
Threshold	8:48 - 8:36	8:45 - 8:33	5:28 - 5:20	4:22 - 4:16	2:11 - 2:08	1:05 - 1:04
CV	8:24 - 8:13	8:21 - 8:10	5:13 - 5:06	4:10 - 4:05	2:05 - 2:02	1:02 - 1:01
Aerobic Power	8:03 - 7:53	8:00 - 7:50	5:00 - 4:54	4:00 - 3:55	2:00 - 1:57	1:00 - 58.8
V.O2 Max	7:43 - 7:35	7:41 - 7:32	4:48 - 4:42	3:50 - 3:46	1:55 - 1:53	57.7 - 56.6
Anaerobic Endurance	7:18 - 7:03	7:15 - 7:01	4:32 - 4:23	3:37 - 3:30	1:48 - 1:45	54.5 - 52.6
Anaerobic Power	6:49 - 6:37	6:47 - 6:35	4:14 - 4:06	3:23 - 3:17	1:41 - 1:38	50.9 - 49.4
Speed Endurance	6:27 - 6:15	6:25 - 6:13	4:00 - 3:53	3:12 - 3:06	1:36 - 1:33	48.1 - 46.7
Speed	6:05 - 5:56	6:03 - 5:54	3:47 - 3:41	3:01 - 2:57	1:30 - 1:28	45.5 - 44.3

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
8:07.6	8:04.8	6:03.6	5:03.0	4:02.4	3:01.8	2:01.2	1:30.9	1:00.6

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
25:30	7:28	3:24	15:54

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	12:51 - 11:59	12:47 - 11:54	7:59 - 7:26	6:23 - 5:57	3:11 - 2:58	1:35 - 1:29
Easy	11:55 - 11:30	11:51 - 11:26	7:24 - 7:09	5:55 - 5:43	2:57 - 2:51	1:28 - 1:25
Easy/Moderate	11:08 - 10:46	11:04 - 10:43	6:55 - 6:41	5:32 - 5:21	2:46 - 2:40	1:23 - 1:20
Moderate	10:27 - 10:09	10:23 - 10:05	6:29 - 6:18	5:11 - 5:02	2:35 - 2:31	1:17 - 1:15
Easy Tempo	9:51 - 9:35	9:48 - 9:32	6:07 - 5:57	4:54 - 4:46	2:27 - 2:23	1:13 - 1:11
Tempo	9:20 - 9:06	9:17 - 9:03	5:48 - 5:39	4:38 - 4:31	2:19 - 2:15	1:09 - 1:07
Threshold	8:53 - 8:41	8:50 - 8:38	5:31 - 5:23	4:25 - 4:19	2:12 - 2:09	1:06 - 1:04
CV	8:29 - 8:18	8:26 - 8:15	5:16 - 5:09	4:13 - 4:07	2:06 - 2:03	1:03 - 1:01
Aerobic Power	8:07 - 7:57	8:04 - 7:54	5:03 - 4:56	4:02 - 3:57	2:01 - 1:58	1:00 - 59.4
V.O2 Max	7:48 - 7:39	7:45 - 7:36	4:50 - 4:45	3:52 - 3:48	1:56 - 1:54	58.2 - 57.1
Anaerobic Endurance	7:22 - 7:07	7:20 - 7:04	4:35 - 4:25	3:40 - 3:32	1:50 - 1:46	55.0 - 53.1
Anaerobic Power	6:53 - 6:41	6:51 - 6:38	4:17 - 4:09	3:25 - 3:19	1:42 - 1:39	51.4 - 49.8
Speed Endurance	6:30 - 6:18	6:28 - 6:16	4:02 - 3:55	3:14 - 3:08	1:37 - 1:34	48.6 - 47.1
Speed	6:09 - 6:00	6:07 - 5:58	3:49 - 3:43	3:03 - 2:59	1:31 - 1:29	45.9 - 44.8

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
8:12.5	8:09.6	6:07.2	5:06.0	4:04.8	3:03.6	2:02.4	1:31.8	1:01.2

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
25:45	7:32	3:26	16:04

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	12:58 - 12:05	12:54 - 12:01	8:03 - 7:31	6:27 - 6:00	3:13 - 3:00	1:36 - 1:30
Easy	12:02 - 11:37	11:58 - 11:33	7:28 - 7:13	5:59 - 5:46	2:59 - 2:53	1:29 - 1:26
Easy/Moderate	11:14 - 10:52	11:10 - 10:49	6:58 - 6:45	5:35 - 5:24	2:47 - 2:42	1:23 - 1:21
Moderate	10:33 - 10:14	10:29 - 10:11	6:33 - 6:21	5:14 - 5:05	2:37 - 2:32	1:18 - 1:16
Easy Tempo	9:57 - 9:41	9:53 - 9:37	6:11 - 6:01	4:56 - 4:48	2:28 - 2:24	1:14 - 1:12
Tempo	9:26 - 9:11	9:22 - 9:08	5:51 - 5:42	4:41 - 4:34	2:20 - 2:17	1:10 - 1:08
Threshold	8:58 - 8:46	8:55 - 8:42	5:34 - 5:26	4:27 - 4:21	2:13 - 2:10	1:06 - 1:05
CV	8:34 - 8:22	8:31 - 8:19	5:19 - 5:12	4:15 - 4:09	2:07 - 2:04	1:03 - 1:02
Aerobic Power	8:12 - 8:02	8:09 - 7:59	5:05 - 4:59	4:04 - 3:59	2:02 - 1:59	1:01 - 59.9
V.O2 Max	7:52 - 7:43	7:49 - 7:40	4:53 - 4:48	3:54 - 3:50	1:57 - 1:55	58.7 - 57.6
Anaerobic Endurance	7:26 - 7:11	7:24 - 7:08	4:37 - 4:28	3:42 - 3:34	1:51 - 1:47	55.5 - 53.6
Anaerobic Power	6:57 - 6:44	6:55 - 6:42	4:19 - 4:11	3:27 - 3:21	1:43 - 1:40	51.9 - 50.3
Speed Endurance	6:34 - 6:22	6:32 - 6:20	4:05 - 3:57	3:16 - 3:10	1:38 - 1:35	49.0 - 47.5
Speed	6:12 - 6:03	6:10 - 6:01	3:51 - 3:45	3:05 - 3:00	1:32 - 1:30	46.3 - 45.2

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
8:17.3	8:14.4	6:10.8	5:09.0	4:07.2	3:05.4	2:03.6	1:32.7	1:01.8

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
26:00	7:37	3:28	16:13

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	13:05 - 12:12	13:01 - 12:08	8:08 - 7:35	6:30 - 6:04	3:15 - 3:02	1:37 - 1:31
Easy	12:08 - 11:43	12:04 - 11:39	7:32 - 7:17	6:02 - 5:49	3:01 - 2:54	1:30 - 1:27
Easy/Moderate	11:20 - 10:58	11:16 - 10:55	7:02 - 6:49	5:38 - 5:27	2:49 - 2:43	1:24 - 1:21
Moderate	10:38 - 10:20	10:35 - 10:16	6:37 - 6:25	5:17 - 5:08	2:38 - 2:34	1:19 - 1:17
Easy Tempo	10:02 - 9:46	9:59 - 9:43	6:14 - 6:04	4:59 - 4:51	2:29 - 2:25	1:14 - 1:12
Tempo	9:31 - 9:17	9:28 - 9:13	5:55 - 5:46	4:44 - 4:36	2:22 - 2:18	1:11 - 1:09
Threshold	9:03 - 8:50	9:00 - 8:47	5:37 - 5:29	4:30 - 4:23	2:15 - 2:11	1:07 - 1:05
CV	8:38 - 8:27	8:35 - 8:24	5:22 - 5:15	4:17 - 4:12	2:08 - 2:06	1:04 - 1:03
Aerobic Power	8:16 - 8:06	8:13 - 8:03	5:08 - 5:02	4:06 - 4:01	2:03 - 2:00	1:01 - 1:00
V.O2 Max	7:56 - 7:47	7:54 - 7:45	4:56 - 4:50	3:57 - 3:52	1:58 - 1:56	59.3 - 58.1
Anaerobic Endurance	7:30 - 7:15	7:28 - 7:12	4:40 - 4:30	3:44 - 3:36	1:52 - 1:48	56.0 - 54.1
Anaerobic Power	7:01 - 6:48	6:58 - 6:46	4:21 - 4:13	3:29 - 3:23	1:44 - 1:41	52.4 - 50.8
Speed Endurance	6:38 - 6:25	6:35 - 6:23	4:07 - 3:59	3:17 - 3:11	1:38 - 1:35	49.5 - 47.10
Speed	6:16 - 6:06	6:13 - 6:04	3:53 - 3:47	3:06 - 3:02	1:33 - 1:31	46.7 - 45.6

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
8:22.1	8:19.2	6:14.4	5:12.0	4:09.6	3:07.2	2:04.8	1:33.6	1:02.4

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
26:15	7:41	3:30	16:22

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	13:13 - 12:19	13:08 - 12:14	8:12 - 7:39	6:34 - 6:07	3:17 - 3:03	1:38 - 1:31
Easy	12:15 - 11:50	12:11 - 11:45	7:36 - 7:21	6:05 - 5:52	3:02 - 2:56	1:31 - 1:28
Easy/Moderate	11:26 - 11:04	11:22 - 11:01	7:06 - 6:53	5:41 - 5:30	2:50 - 2:45	1:25 - 1:22
Moderate	10:44 - 10:25	10:41 - 10:22	6:40 - 6:28	5:20 - 5:11	2:40 - 2:35	1:20 - 1:17
Easy Tempo	10:08 - 9:51	10:04 - 9:48	6:18 - 6:07	5:02 - 4:54	2:31 - 2:27	1:15 - 1:13
Tempo	9:36 - 9:22	9:33 - 9:18	5:58 - 5:49	4:46 - 4:39	2:23 - 2:19	1:11 - 1:09
Threshold	9:08 - 8:55	9:05 - 8:52	5:40 - 5:32	4:32 - 4:26	2:16 - 2:13	1:08 - 1:06
CV	8:43 - 8:32	8:40 - 8:29	5:25 - 5:18	4:20 - 4:14	2:10 - 2:07	1:05 - 1:03
Aerobic Power	8:21 - 8:11	8:18 - 8:08	5:11 - 5:05	4:09 - 4:04	2:04 - 2:02	1:02 - 1:01
V.O2 Max	8:01 - 7:52	7:58 - 7:49	4:59 - 4:53	3:59 - 3:54	1:59 - 1:57	59.8 - 58.7
Anaerobic Endurance	7:34 - 7:19	7:32 - 7:16	4:42 - 4:32	3:46 - 3:38	1:53 - 1:49	56.5 - 54.6
Anaerobic Power	7:05 - 6:52	7:02 - 6:49	4:24 - 4:16	3:31 - 3:24	1:45 - 1:42	52.8 - 51.2
Speed Endurance	6:41 - 6:29	6:39 - 6:27	4:09 - 4:02	3:19 - 3:13	1:39 - 1:36	49.9 - 48.4
Speed	6:19 - 6:10	6:17 - 6:07	3:55 - 3:49	3:08 - 3:03	1:34 - 1:31	47.2 - 45.10

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
8:26.9	8:24.0	6:18.0	5:15.0	4:12.0	3:09.0	2:06.0	1:34.5	1:03.0

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
26:30	7:45	3:32	16:32

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	13:20 - 12:25	13:15 - 12:21	8:17 - 7:43	6:37 - 6:10	3:18 - 3:05	1:39 - 1:32
Easy	12:22 - 11:56	12:17 - 11:52	7:41 - 7:25	6:08 - 5:56	3:04 - 2:58	1:32 - 1:29
Easy/Moderate	11:32 - 11:10	11:28 - 11:06	7:10 - 6:56	5:44 - 5:33	2:52 - 2:46	1:26 - 1:23
Moderate	10:50 - 10:31	10:46 - 10:27	6:44 - 6:32	5:23 - 5:13	2:41 - 2:36	1:20 - 1:18
Easy Tempo	10:13 - 9:57	10:10 - 9:53	6:21 - 6:11	5:05 - 4:56	2:32 - 2:28	1:16 - 1:14
Tempo	9:41 - 9:27	9:38 - 9:23	6:01 - 5:52	4:49 - 4:41	2:24 - 2:20	1:12 - 1:10
Threshold	9:13 - 9:00	9:10 - 8:57	5:43 - 5:35	4:35 - 4:28	2:17 - 2:14	1:08 - 1:07
CV	8:48 - 8:36	8:45 - 8:33	5:28 - 5:21	4:22 - 4:16	2:11 - 2:08	1:05 - 1:04
Aerobic Power	8:25 - 8:15	8:22 - 8:12	5:14 - 5:07	4:11 - 4:06	2:05 - 2:03	1:02 - 1:01
V.O2 Max	8:05 - 7:56	8:02 - 7:53	5:01 - 4:55	4:01 - 3:56	2:00 - 1:58	1:00 - 59.2
Anaerobic Endurance	7:39 - 7:23	7:36 - 7:20	4:45 - 4:35	3:48 - 3:40	1:54 - 1:50	57.0 - 55.1
Anaerobic Power	7:09 - 6:55	7:06 - 6:53	4:26 - 4:18	3:33 - 3:26	1:46 - 1:43	53.3 - 51.7
Speed Endurance	6:45 - 6:32	6:42 - 6:30	4:11 - 4:04	3:21 - 3:15	1:40 - 1:37	50.4 - 48.8
Speed	6:22 - 6:13	6:20 - 6:11	3:57 - 3:52	3:10 - 3:05	1:35 - 1:32	47.6 - 46.4

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
8:31.8	8:28.8	6:21.6	5:18.0	4:14.4	3:10.8	2:07.2	1:35.4	1:03.6

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
26:45	7:50	3:34	16:41

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	13:27 - 12:32	13:22 - 12:28	8:21 - 7:47	6:41 - 6:14	3:20 - 3:07	1:40 - 1:33
Easy	12:28 - 12:02	12:24 - 11:58	7:45 - 7:29	6:12 - 5:59	3:06 - 2:59	1:33 - 1:29
Easy/Moderate	11:39 - 11:16	11:34 - 11:12	7:14 - 7:00	5:47 - 5:36	2:53 - 2:48	1:26 - 1:24
Moderate	10:56 - 10:37	10:52 - 10:33	6:47 - 6:35	5:26 - 5:16	2:43 - 2:38	1:21 - 1:19
Easy Tempo	10:19 - 10:02	10:15 - 9:59	6:24 - 6:14	5:07 - 4:59	2:33 - 2:29	1:16 - 1:14
Tempo	9:46 - 9:32	9:43 - 9:28	6:04 - 5:55	4:51 - 4:44	2:25 - 2:22	1:12 - 1:11
Threshold	9:18 - 9:05	9:15 - 9:02	5:46 - 5:38	4:37 - 4:31	2:18 - 2:15	1:09 - 1:07
CV	8:52 - 8:41	8:49 - 8:38	5:31 - 5:23	4:24 - 4:19	2:12 - 2:09	1:06 - 1:04
Aerobic Power	8:30 - 8:19	8:27 - 8:16	5:17 - 5:10	4:13 - 4:08	2:06 - 2:04	1:03 - 1:02
V.O2 Max	8:09 - 8:00	8:07 - 7:57	5:04 - 4:58	4:03 - 3:58	2:01 - 1:59	1:00 - 59.7
Anaerobic Endurance	7:43 - 7:27	7:40 - 7:24	4:47 - 4:37	3:50 - 3:42	1:55 - 1:51	57.6 - 55.6
Anaerobic Power	7:12 - 6:59	7:10 - 6:57	4:28 - 4:20	3:35 - 3:28	1:47 - 1:44	53.8 - 52.2
Speed Endurance	6:48 - 6:36	6:46 - 6:34	4:14 - 4:06	3:23 - 3:17	1:41 - 1:38	50.8 - 49.3
Speed	6:26 - 6:16	6:24 - 6:14	4:00 - 3:54	3:12 - 3:07	1:36 - 1:33	48.0 - 46.8

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
8:36.6	8:33.6	6:25.2	5:21.0	4:16.8	3:12.6	2:08.4	1:36.3	1:04.2

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
27:00	7:54	3:36	16:50

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	13:34 - 12:39	13:29 - 12:34	8:26 - 7:51	6:44 - 6:17	3:22 - 3:08	1:41 - 1:34
Easy	12:35 - 12:09	12:30 - 12:05	7:49 - 7:33	6:15 - 6:02	3:07 - 3:01	1:33 - 1:30
Easy/Moderate	11:45 - 11:22	11:41 - 11:18	7:18 - 7:04	5:50 - 5:39	2:55 - 2:49	1:27 - 1:24
Moderate	11:02 - 10:42	10:58 - 10:39	6:51 - 6:39	5:29 - 5:19	2:44 - 2:39	1:22 - 1:19
Easy Tempo	10:24 - 10:07	10:21 - 10:04	6:28 - 6:17	5:10 - 5:02	2:35 - 2:31	1:17 - 1:15
Tempo	9:52 - 9:37	9:48 - 9:33	6:07 - 5:58	4:54 - 4:46	2:27 - 2:23	1:13 - 1:11
Threshold	9:23 - 9:10	9:20 - 9:06	5:50 - 5:41	4:40 - 4:33	2:20 - 2:16	1:10 - 1:08
CV	8:57 - 8:45	8:54 - 8:42	5:34 - 5:26	4:27 - 4:21	2:13 - 2:10	1:06 - 1:05
Aerobic Power	8:34 - 8:24	8:31 - 8:21	5:19 - 5:13	4:15 - 4:10	2:07 - 2:05	1:03 - 1:02
V.O2 Max	8:14 - 8:04	8:11 - 8:02	5:07 - 5:01	4:05 - 4:01	2:02 - 2:00	1:01 - 1:00
Anaerobic Endurance	7:47 - 7:31	7:44 - 7:28	4:50 - 4:40	3:52 - 3:44	1:56 - 1:52	58.1 - 56.1
Anaerobic Power	7:16 - 7:03	7:14 - 7:00	4:31 - 4:23	3:37 - 3:30	1:48 - 1:45	54.3 - 52.6
Speed Endurance	6:52 - 6:39	6:50 - 6:37	4:16 - 4:08	3:25 - 3:18	1:42 - 1:39	51.3 - 49.7
Speed	6:29 - 6:20	6:27 - 6:17	4:02 - 3:56	3:13 - 3:08	1:36 - 1:34	48.4 - 47.2

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
8:41.4	8:38.4	6:28.8	5:24.0	4:19.2	3:14.4	2:09.6	1:37.2	1:04.8

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
27:15	7:58	3:38	17:00

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	13:41 - 12:45	13:36 - 12:41	8:30 - 7:55	6:48 - 6:20	3:24 - 3:10	1:42 - 1:35
Easy	12:41 - 12:15	12:37 - 12:11	7:53 - 7:37	6:18 - 6:05	3:09 - 3:02	1:34 - 1:31
Easy/Moderate	11:51 - 11:28	11:47 - 11:24	7:22 - 7:08	5:53 - 5:42	2:56 - 2:51	1:28 - 1:25
Moderate	11:07 - 10:48	11:04 - 10:44	6:55 - 6:42	5:32 - 5:22	2:46 - 2:41	1:23 - 1:20
Easy Tempo	10:30 - 10:13	10:26 - 10:09	6:31 - 6:21	5:13 - 5:04	2:36 - 2:32	1:18 - 1:16
Tempo	9:57 - 9:42	9:53 - 9:38	6:11 - 6:01	4:56 - 4:49	2:28 - 2:24	1:14 - 1:12
Threshold	9:28 - 9:14	9:24 - 9:11	5:53 - 5:44	4:42 - 4:35	2:21 - 2:17	1:10 - 1:08
CV	9:02 - 8:50	8:59 - 8:47	5:37 - 5:29	4:29 - 4:23	2:14 - 2:11	1:07 - 1:05
Aerobic Power	8:39 - 8:28	8:36 - 8:25	5:22 - 5:16	4:18 - 4:12	2:09 - 2:06	1:04 - 1:03
V.O2 Max	8:18 - 8:09	8:15 - 8:06	5:09 - 5:03	4:07 - 4:03	2:03 - 2:01	1:01 - 1:00
Anaerobic Endurance	7:51 - 7:35	7:48 - 7:32	4:52 - 4:42	3:54 - 3:46	1:57 - 1:53	58.6 - 56.6
Anaerobic Power	7:20 - 7:07	7:17 - 7:04	4:33 - 4:25	3:38 - 3:32	1:49 - 1:46	54.7 - 53.1
Speed Endurance	6:56 - 6:43	6:53 - 6:41	4:18 - 4:10	3:26 - 3:20	1:43 - 1:40	51.7 - 50.1
Speed	6:33 - 6:23	6:30 - 6:21	4:04 - 3:58	3:15 - 3:10	1:37 - 1:35	48.8 - 47.7

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
8:46.3	8:43.2	6:32.4	5:27.0	4:21.6	3:16.2	2:10.8	1:38.1	1:05.4

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
27:30	8:03	3:40	17:09

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	13:48 - 12:52	13:43 - 12:47	8:34 - 7:59	6:51 - 6:23	3:25 - 3:11	1:42 - 1:35
Easy	12:48 - 12:22	12:44 - 12:17	7:57 - 7:41	6:22 - 6:08	3:11 - 3:04	1:35 - 1:32
Easy/Moderate	11:57 - 11:34	11:53 - 11:30	7:25 - 7:11	5:56 - 5:45	2:58 - 2:52	1:29 - 1:26
Moderate	11:13 - 10:54	11:09 - 10:50	6:58 - 6:46	5:34 - 5:25	2:47 - 2:42	1:23 - 1:21
Easy Tempo	10:35 - 10:18	10:31 - 10:14	6:34 - 6:24	5:15 - 5:07	2:37 - 2:33	1:18 - 1:16
Tempo	10:02 - 9:47	9:58 - 9:43	6:14 - 6:04	4:59 - 4:51	2:29 - 2:25	1:14 - 1:12
Threshold	9:33 - 9:19	9:29 - 9:16	5:56 - 5:47	4:44 - 4:38	2:22 - 2:19	1:11 - 1:09
CV	9:07 - 8:55	9:03 - 8:52	5:39 - 5:32	4:31 - 4:26	2:15 - 2:13	1:07 - 1:06
Aerobic Power	8:43 - 8:33	8:40 - 8:30	5:25 - 5:18	4:20 - 4:15	2:10 - 2:07	1:05 - 1:03
V.O2 Max	8:22 - 8:13	8:20 - 8:10	5:12 - 5:06	4:10 - 4:05	2:05 - 2:02	1:02 - 1:01
Anaerobic Endurance	7:55 - 7:39	7:52 - 7:36	4:55 - 4:45	3:56 - 3:48	1:58 - 1:54	59.1 - 57.1
Anaerobic Power	7:24 - 7:10	7:21 - 7:08	4:36 - 4:27	3:40 - 3:34	1:50 - 1:47	55.2 - 53.5
Speed Endurance	6:59 - 6:46	6:57 - 6:44	4:20 - 4:12	3:28 - 3:22	1:44 - 1:41	52.2 - 50.6
Speed	6:36 - 6:26	6:34 - 6:24	4:06 - 4:00	3:17 - 3:12	1:38 - 1:36	49.3 - 48.1

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
8:51.1	8:48.0	6:36.0	5:30.0	4:24.0	3:18.0	2:12.0	1:39.0	1:06.0

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
27:45	8:07	3:42	17:19

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	13:55 - 12:58	13:50 - 12:54	8:39 - 8:04	6:55 - 6:27	3:27 - 3:13	1:43 - 1:36
Easy	12:55 - 12:28	12:50 - 12:24	8:01 - 7:45	6:25 - 6:12	3:12 - 3:06	1:36 - 1:33
Easy/Moderate	12:03 - 11:40	11:59 - 11:36	7:29 - 7:15	5:59 - 5:48	2:59 - 2:54	1:29 - 1:27
Moderate	11:19 - 10:59	11:15 - 10:55	7:02 - 6:49	5:37 - 5:27	2:48 - 2:43	1:24 - 1:21
Easy Tempo	10:41 - 10:23	10:37 - 10:20	6:38 - 6:27	5:18 - 5:10	2:39 - 2:35	1:19 - 1:17
Tempo	10:07 - 9:52	10:04 - 9:48	6:17 - 6:08	5:02 - 4:54	2:31 - 2:27	1:15 - 1:13
Threshold	9:38 - 9:24	9:34 - 9:21	5:59 - 5:50	4:47 - 4:40	2:23 - 2:20	1:11 - 1:10
CV	9:11 - 8:59	9:08 - 8:56	5:42 - 5:35	4:34 - 4:28	2:17 - 2:14	1:08 - 1:07
Aerobic Power	8:48 - 8:37	8:45 - 8:34	5:28 - 5:21	4:22 - 4:17	2:11 - 2:08	1:05 - 1:04
V.O2 Max	8:27 - 8:17	8:24 - 8:14	5:15 - 5:09	4:12 - 4:07	2:06 - 2:03	1:03 - 1:01
Anaerobic Endurance	7:59 - 7:43	7:56 - 7:40	4:57 - 4:47	3:58 - 3:50	1:59 - 1:55	59.6 - 57.5
Anaerobic Power	7:28 - 7:14	7:25 - 7:11	4:38 - 4:29	3:42 - 3:35	1:51 - 1:47	55.7 - 53.10
Speed Endurance	7:03 - 6:50	7:00 - 6:48	4:23 - 4:15	3:30 - 3:24	1:45 - 1:42	52.6 - 51.0
Speed	6:39 - 6:30	6:37 - 6:27	4:08 - 4:02	3:18 - 3:13	1:39 - 1:36	49.7 - 48.5

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
8:55.9	8:52.8	6:39.6	5:33.0	4:26.4	3:19.8	2:13.2	1:39.9	1:06.6

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
28:00	8:12	3:44	17:28

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	14:02 - 13:05	13:57 - 13:01	8:43 - 8:08	6:58 - 6:30	3:29 - 3:15	1:44 - 1:37
Easy	13:01 - 12:34	12:57 - 12:30	8:05 - 7:48	6:28 - 6:15	3:14 - 3:07	1:37 - 1:33
Easy/Moderate	12:09 - 11:46	12:05 - 11:42	7:33 - 7:19	6:02 - 5:51	3:01 - 2:55	1:30 - 1:27
Moderate	11:25 - 11:05	11:21 - 11:01	7:05 - 6:53	5:40 - 5:30	2:50 - 2:45	1:25 - 1:22
Easy Tempo	10:46 - 10:29	10:42 - 10:25	6:41 - 6:30	5:21 - 5:12	2:40 - 2:36	1:20 - 1:18
Tempo	10:12 - 9:57	10:09 - 9:53	6:20 - 6:11	5:04 - 4:56	2:32 - 2:28	1:16 - 1:14
Threshold	9:42 - 9:29	9:39 - 9:26	6:02 - 5:53	4:49 - 4:43	2:24 - 2:21	1:12 - 1:10
CV	9:16 - 9:04	9:13 - 9:01	5:45 - 5:38	4:36 - 4:30	2:18 - 2:15	1:09 - 1:07
Aerobic Power	8:52 - 8:41	8:49 - 8:38	5:31 - 5:24	4:24 - 4:19	2:12 - 2:09	1:06 - 1:04
V.O2 Max	8:31 - 8:21	8:28 - 8:18	5:17 - 5:11	4:14 - 4:09	2:07 - 2:04	1:03 - 1:02
Anaerobic Endurance	8:03 - 7:46	8:00 - 7:44	5:00 - 4:50	4:00 - 3:52	2:00 - 1:56	1:00 - 58.0
Anaerobic Power	7:31 - 7:18	7:29 - 7:15	4:40 - 4:32	3:44 - 3:37	1:52 - 1:48	56.2 - 54.4
Speed Endurance	7:06 - 6:53	7:04 - 6:51	4:25 - 4:17	3:32 - 3:25	1:46 - 1:42	53.1 - 51.4
Speed	6:43 - 6:33	6:40 - 6:31	4:10 - 4:04	3:20 - 3:15	1:40 - 1:37	50.1 - 48.9

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
9:00.7	8:57.6	6:43.2	5:36.0	4:28.8	3:21.6	2:14.4	1:40.8	1:07.2



Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
28:15	8:16	3:46	17:37

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	14:09 - 13:12	14:05 - 13:07	8:48 - 8:12	7:02 - 6:33	3:31 - 3:16	1:45 - 1:38
Easy	13:08 - 12:41	13:03 - 12:36	8:09 - 7:52	6:31 - 6:18	3:15 - 3:09	1:37 - 1:34
Easy/Moderate	12:15 - 11:52	12:11 - 11:48	7:37 - 7:22	6:05 - 5:54	3:02 - 2:57	1:31 - 1:28
Moderate	11:31 - 11:10	11:27 - 11:07	7:09 - 6:56	5:43 - 5:33	2:51 - 2:46	1:25 - 1:23
Easy Tempo	10:52 - 10:34	10:48 - 10:30	6:45 - 6:34	5:24 - 5:15	2:42 - 2:37	1:21 - 1:18
Tempo	10:17 - 10:02	10:14 - 9:58	6:23 - 6:14	5:07 - 4:59	2:33 - 2:29	1:16 - 1:14
Threshold	9:47 - 9:34	9:44 - 9:30	6:05 - 5:56	4:52 - 4:45	2:26 - 2:22	1:13 - 1:11
CV	9:21 - 9:08	9:17 - 9:05	5:48 - 5:41	4:38 - 4:32	2:19 - 2:16	1:09 - 1:08
Aerobic Power	8:57 - 8:46	8:54 - 8:43	5:33 - 5:27	4:27 - 4:21	2:13 - 2:10	1:06 - 1:05
V.O2 Max	8:35 - 8:25	8:32 - 8:23	5:20 - 5:14	4:16 - 4:11	2:08 - 2:05	1:04 - 1:02
Anaerobic Endurance	8:07 - 7:50	8:04 - 7:48	5:02 - 4:52	4:02 - 3:54	2:01 - 1:57	1:00 - 58.5
Anaerobic Power	7:35 - 7:21	7:33 - 7:19	4:43 - 4:34	3:46 - 3:39	1:53 - 1:49	56.6 - 54.9
Speed Endurance	7:10 - 6:57	7:08 - 6:55	4:27 - 4:19	3:34 - 3:27	1:47 - 1:43	53.5 - 51.9
Speed	6:46 - 6:36	6:44 - 6:34	4:12 - 4:06	3:22 - 3:17	1:41 - 1:38	50.5 - 49.3

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
9:05.6	9:02.4	6:46.8	5:39.0	4:31.2	3:23.4	2:15.6	1:41.7	1:07.8

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
28:30	8:20	3:48	17:47

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	14:17 - 13:18	14:12 - 13:14	8:52 - 8:16	7:06 - 6:37	3:33 - 3:18	1:46 - 1:39
Easy	13:14 - 12:47	13:10 - 12:43	8:13 - 7:56	6:35 - 6:21	3:17 - 3:10	1:38 - 1:35
Easy/Moderate	12:22 - 11:58	12:17 - 11:54	7:41 - 7:26	6:08 - 5:57	3:04 - 2:58	1:32 - 1:29
Moderate	11:36 - 11:16	11:32 - 11:12	7:12 - 7:00	5:46 - 5:36	2:53 - 2:48	1:26 - 1:24
Easy Tempo	10:57 - 10:39	10:53 - 10:36	6:48 - 6:37	5:26 - 5:18	2:43 - 2:39	1:21 - 1:19
Tempo	10:23 - 10:07	10:19 - 10:03	6:27 - 6:17	5:09 - 5:01	2:34 - 2:30	1:17 - 1:15
Threshold	9:52 - 9:38	9:49 - 9:35	6:08 - 5:59	4:54 - 4:47	2:27 - 2:23	1:13 - 1:11
CV	9:25 - 9:13	9:22 - 9:10	5:51 - 5:43	4:41 - 4:35	2:20 - 2:17	1:10 - 1:08
Aerobic Power	9:01 - 8:50	8:58 - 8:47	5:36 - 5:29	4:29 - 4:23	2:14 - 2:11	1:07 - 1:05
V.O2 Max	8:40 - 8:30	8:37 - 8:27	5:23 - 5:17	4:18 - 4:13	2:09 - 2:06	1:04 - 1:03
Anaerobic Endurance	8:11 - 7:54	8:08 - 7:52	5:05 - 4:55	4:04 - 3:56	2:02 - 1:58	1:01 - 59.0
Anaerobic Power	7:39 - 7:25	7:36 - 7:22	4:45 - 4:36	3:48 - 3:41	1:54 - 1:50	57.1 - 55.4
Speed Endurance	7:14 - 7:00	7:11 - 6:58	4:29 - 4:21	3:35 - 3:29	1:47 - 1:44	53.10 - 52.3
Speed	6:50 - 6:40	6:47 - 6:37	4:14 - 4:08	3:23 - 3:18	1:41 - 1:39	50.10 - 49.7

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
9:10.4	9:07.2	6:50.4	5:42.0	4:33.6	3:25.2	2:16.8	1:42.6	1:08.4

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
28:45	8:25	3:50	17:56

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	14:24 - 13:25	14:19 - 13:20	8:56 - 8:20	7:09 - 6:40	3:34 - 3:20	1:47 - 1:40
Easy	13:21 - 12:53	13:16 - 12:49	8:17 - 8:00	6:38 - 6:24	3:19 - 3:12	1:39 - 1:36
Easy/Moderate	12:28 - 12:04	12:23 - 12:00	7:44 - 7:30	6:11 - 6:00	3:05 - 3:00	1:32 - 1:30
Moderate	11:42 - 11:22	11:38 - 11:18	7:16 - 7:03	5:49 - 5:39	2:54 - 2:49	1:27 - 1:24
Easy Tempo	11:02 - 10:45	10:59 - 10:41	6:51 - 6:40	5:29 - 5:20	2:44 - 2:40	1:22 - 1:20
Tempo	10:28 - 10:12	10:24 - 10:08	6:30 - 6:20	5:12 - 5:04	2:36 - 2:32	1:18 - 1:16
Threshold	9:57 - 9:43	9:54 - 9:40	6:11 - 6:02	4:57 - 4:50	2:28 - 2:25	1:14 - 1:12
CV	9:30 - 9:18	9:27 - 9:14	5:54 - 5:46	4:43 - 4:37	2:21 - 2:18	1:10 - 1:09
Aerobic Power	9:06 - 8:55	9:03 - 8:51	5:39 - 5:32	4:31 - 4:25	2:15 - 2:12	1:07 - 1:06
V.O2 Max	8:44 - 8:34	8:41 - 8:31	5:25 - 5:19	4:20 - 4:15	2:10 - 2:07	1:05 - 1:03
Anaerobic Endurance	8:15 - 7:58	8:12 - 7:55	5:08 - 4:57	4:06 - 3:57	2:03 - 1:58	1:01 - 59.5
Anaerobic Power	7:43 - 7:29	7:40 - 7:26	4:47 - 4:39	3:50 - 3:43	1:55 - 1:51	57.6 - 55.8
Speed Endurance	7:17 - 7:04	7:15 - 7:01	4:32 - 4:23	3:37 - 3:30	1:48 - 1:45	54.4 - 52.7
Speed	6:53 - 6:43	6:51 - 6:41	4:16 - 4:10	3:25 - 3:20	1:42 - 1:40	51.4 - 50.1

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
9:15.2	9:12.0	6:53.10	5:45.0	4:36.0	3:26.10	2:18.0	1:43.5	1:09.0

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
29:00	8:29	3:52	18:05

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	14:31 - 13:32	14:26 - 13:27	9:01 - 8:24	7:13 - 6:43	3:36 - 3:21	1:48 - 1:40
Easy	13:28 - 13:00	13:23 - 12:55	8:22 - 8:04	6:41 - 6:27	3:20 - 3:13	1:40 - 1:36
Easy/Moderate	12:34 - 12:10	12:30 - 12:06	7:48 - 7:33	6:15 - 6:03	3:07 - 3:01	1:33 - 1:30
Moderate	11:48 - 11:27	11:44 - 11:23	7:20 - 7:07	5:52 - 5:41	2:56 - 2:50	1:28 - 1:25
Easy Tempo	11:08 - 10:50	11:04 - 10:46	6:55 - 6:44	5:32 - 5:23	2:46 - 2:41	1:23 - 1:20
Tempo	10:33 - 10:17	10:29 - 10:13	6:33 - 6:23	5:14 - 5:06	2:37 - 2:33	1:18 - 1:16
Threshold	10:02 - 9:48	9:59 - 9:45	6:14 - 6:05	4:59 - 4:52	2:29 - 2:26	1:14 - 1:13
CV	9:35 - 9:22	9:31 - 9:19	5:57 - 5:49	4:45 - 4:39	2:22 - 2:19	1:11 - 1:09
Aerobic Power	9:10 - 8:59	9:07 - 8:56	5:42 - 5:35	4:33 - 4:28	2:16 - 2:14	1:08 - 1:07
V.O2 Max	8:48 - 8:38	8:45 - 8:35	5:28 - 5:22	4:22 - 4:17	2:11 - 2:08	1:05 - 1:04
Anaerobic Endurance	8:19 - 8:02	8:16 - 7:59	5:10 - 4:59	4:08 - 3:59	2:04 - 1:59	1:02 - 59.10
Anaerobic Power	7:47 - 7:32	7:44 - 7:30	4:50 - 4:41	3:52 - 3:45	1:56 - 1:52	58.1 - 56.3
Speed Endurance	7:21 - 7:07	7:18 - 7:05	4:34 - 4:25	3:39 - 3:32	1:49 - 1:46	54.9 - 53.2
Speed	6:56 - 6:46	6:54 - 6:44	4:19 - 4:12	3:27 - 3:22	1:43 - 1:41	51.8 - 50.5

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
9:20.1	9:16.8	6:57.6	5:48.0	4:38.4	3:28.8	2:19.2	1:44.4	1:09.6

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
29:15	8:34	3:54	18:15

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	14:38 - 13:38	14:33 - 13:33	9:05 - 8:28	7:16 - 6:46	3:38 - 3:23	1:49 - 1:41
Easy	13:34 - 13:06	13:29 - 13:01	8:26 - 8:08	6:44 - 6:30	3:22 - 3:15	1:41 - 1:37
Easy/Moderate	12:40 - 12:16	12:36 - 12:12	7:52 - 7:37	6:18 - 6:06	3:09 - 3:03	1:34 - 1:31
Moderate	11:54 - 11:33	11:49 - 11:29	7:23 - 7:10	5:54 - 5:44	2:57 - 2:52	1:28 - 1:26
Easy Tempo	11:13 - 10:55	11:09 - 10:51	6:58 - 6:47	5:34 - 5:25	2:47 - 2:42	1:23 - 1:21
Tempo	10:38 - 10:22	10:34 - 10:18	6:36 - 6:26	5:17 - 5:09	2:38 - 2:34	1:19 - 1:17
Threshold	10:07 - 9:53	10:03 - 9:49	6:17 - 6:08	5:01 - 4:54	2:30 - 2:27	1:15 - 1:13
CV	9:39 - 9:27	9:36 - 9:23	6:00 - 5:52	4:48 - 4:41	2:24 - 2:20	1:12 - 1:10
Aerobic Power	9:15 - 9:03	9:12 - 9:00	5:45 - 5:37	4:36 - 4:30	2:18 - 2:15	1:09 - 1:07
V.O2 Max	8:53 - 8:42	8:50 - 8:39	5:31 - 5:24	4:25 - 4:19	2:12 - 2:09	1:06 - 1:04
Anaerobic Endurance	8:23 - 8:06	8:20 - 8:03	5:13 - 5:02	4:10 - 4:01	2:05 - 2:00	1:02 - 1:00
Anaerobic Power	7:50 - 7:36	7:48 - 7:33	4:52 - 4:43	3:54 - 3:46	1:57 - 1:53	58.5 - 56.7
Speed Endurance	7:24 - 7:11	7:22 - 7:08	4:36 - 4:28	3:41 - 3:34	1:50 - 1:47	55.3 - 53.6
Speed	7:00 - 6:49	6:57 - 6:47	4:21 - 4:14	3:28 - 3:23	1:44 - 1:41	52.2 - 50.10

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
9:24.9	9:21.6	7:01.2	5:51.0	4:40.8	3:30.6	2:20.4	1:45.3	1:10.2

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
29:30	8:38	3:56	18:24

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	14:45 - 13:45	14:40 - 13:40	9:10 - 8:32	7:20 - 6:50	3:40 - 3:25	1:50 - 1:42
Easy	13:41 - 13:12	13:36 - 13:08	8:30 - 8:12	6:48 - 6:34	3:24 - 3:17	1:42 - 1:38
Easy/Moderate	12:46 - 12:22	12:42 - 12:18	7:56 - 7:41	6:21 - 6:09	3:10 - 3:04	1:35 - 1:32
Moderate	11:59 - 11:38	11:55 - 11:34	7:27 - 7:14	5:57 - 5:47	2:58 - 2:53	1:29 - 1:26
Easy Tempo	11:19 - 11:00	11:15 - 10:57	7:02 - 6:50	5:37 - 5:28	2:48 - 2:44	1:24 - 1:22
Tempo	10:43 - 10:27	10:40 - 10:23	6:40 - 6:29	5:20 - 5:11	2:40 - 2:35	1:20 - 1:17
Threshold	10:12 - 9:58	10:08 - 9:54	6:20 - 6:11	5:04 - 4:57	2:32 - 2:28	1:16 - 1:14
CV	9:44 - 9:31	9:41 - 9:28	6:03 - 5:55	4:50 - 4:44	2:25 - 2:22	1:12 - 1:11
Aerobic Power	9:19 - 9:08	9:16 - 9:05	5:47 - 5:40	4:38 - 4:32	2:19 - 2:16	1:09 - 1:08
V.O2 Max	8:57 - 8:47	8:54 - 8:44	5:33 - 5:27	4:27 - 4:22	2:13 - 2:11	1:06 - 1:05
Anaerobic Endurance	8:27 - 8:10	8:25 - 8:07	5:15 - 5:04	4:12 - 4:03	2:06 - 2:01	1:03 - 1:00
Anaerobic Power	7:54 - 7:40	7:51 - 7:37	4:54 - 4:46	3:55 - 3:48	1:57 - 1:54	58.10 - 57.2
Speed Endurance	7:28 - 7:14	7:25 - 7:12	4:38 - 4:30	3:42 - 3:36	1:51 - 1:48	55.7 - 54.0
Speed	7:03 - 6:53	7:01 - 6:50	4:23 - 4:16	3:30 - 3:25	1:45 - 1:42	52.6 - 51.4

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
9:29.7	9:26.4	7:04.8	5:54.0	4:43.2	3:32.4	2:21.6	1:46.2	1:10.8

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
29:45	8:42	3:58	18:33

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	14:52 - 13:51	14:47 - 13:47	9:14 - 8:36	7:23 - 6:53	3:41 - 3:26	1:50 - 1:43
Easy	13:47 - 13:19	13:42 - 13:14	8:34 - 8:16	6:51 - 6:37	3:25 - 3:18	1:42 - 1:39
Easy/Moderate	12:52 - 12:28	12:48 - 12:24	8:00 - 7:45	6:24 - 6:12	3:12 - 3:06	1:36 - 1:33
Moderate	12:05 - 11:44	12:01 - 11:40	7:30 - 7:17	6:00 - 5:50	3:00 - 2:55	1:30 - 1:27
Easy Tempo	11:24 - 11:06	11:20 - 11:02	7:05 - 6:53	5:40 - 5:31	2:50 - 2:45	1:25 - 1:22
Tempo	10:48 - 10:32	10:45 - 10:28	6:43 - 6:33	5:22 - 5:14	2:41 - 2:37	1:20 - 1:18
Threshold	10:17 - 10:02	10:13 - 9:59	6:23 - 6:14	5:06 - 4:59	2:33 - 2:29	1:16 - 1:14
CV	9:49 - 9:36	9:45 - 9:33	6:06 - 5:58	4:52 - 4:46	2:26 - 2:23	1:13 - 1:11
Aerobic Power	9:24 - 9:12	9:20 - 9:09	5:50 - 5:43	4:40 - 4:34	2:20 - 2:17	1:10 - 1:08
V.O2 Max	9:01 - 8:51	8:58 - 8:48	5:36 - 5:30	4:29 - 4:24	2:14 - 2:12	1:07 - 1:06
Anaerobic Endurance	8:32 - 8:14	8:29 - 8:11	5:18 - 5:07	4:14 - 4:05	2:07 - 2:02	1:03 - 1:01
Anaerobic Power	7:58 - 7:43	7:55 - 7:41	4:57 - 4:48	3:57 - 3:50	1:58 - 1:55	59.5 - 57.7
Speed Endurance	7:32 - 7:18	7:29 - 7:15	4:40 - 4:32	3:44 - 3:37	1:52 - 1:48	56.2 - 54.5
Speed	7:07 - 6:56	7:04 - 6:54	4:25 - 4:18	3:32 - 3:27	1:46 - 1:43	53.1 - 51.8

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
9:34.5	9:31.2	7:08.4	5:57.0	4:45.6	3:34.2	2:22.8	1:47.1	1:11.4

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
30:00	8:47	4:00	18:43

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	14:59 - 13:58	14:54 - 13:53	9:19 - 8:41	7:27 - 6:56	3:43 - 3:28	1:51 - 1:44
Easy	13:54 - 13:25	13:49 - 13:20	8:38 - 8:20	6:54 - 6:40	3:27 - 3:20	1:43 - 1:40
Easy/Moderate	12:58 - 12:34	12:54 - 12:29	8:04 - 7:48	6:27 - 6:14	3:13 - 3:07	1:36 - 1:33
Moderate	12:11 - 11:50	12:07 - 11:45	7:34 - 7:21	6:03 - 5:52	3:01 - 2:56	1:30 - 1:28
Easy Tempo	11:30 - 11:11	11:26 - 11:07	7:08 - 6:57	5:43 - 5:33	2:51 - 2:46	1:25 - 1:23
Tempo	10:54 - 10:37	10:50 - 10:33	6:46 - 6:36	5:25 - 5:16	2:42 - 2:38	1:21 - 1:19
Threshold	10:22 - 10:07	10:18 - 10:04	6:26 - 6:17	5:09 - 5:02	2:34 - 2:31	1:17 - 1:15
CV	9:53 - 9:40	9:50 - 9:37	6:09 - 6:01	4:55 - 4:48	2:27 - 2:24	1:13 - 1:12
Aerobic Power	9:28 - 9:17	9:25 - 9:13	5:53 - 5:46	4:42 - 4:36	2:21 - 2:18	1:10 - 1:09
V.O2 Max	9:06 - 8:55	9:02 - 8:52	5:39 - 5:32	4:31 - 4:26	2:15 - 2:13	1:07 - 1:06
Anaerobic Endurance	8:36 - 8:18	8:33 - 8:15	5:20 - 5:09	4:16 - 4:07	2:08 - 2:03	1:04 - 1:01
Anaerobic Power	8:02 - 7:47	7:59 - 7:44	4:59 - 4:50	3:59 - 3:52	1:59 - 1:56	59.9 - 58.1
Speed Endurance	7:35 - 7:21	7:33 - 7:19	4:43 - 4:34	3:46 - 3:39	1:53 - 1:49	56.6 - 54.9
Speed	7:10 - 6:59	7:07 - 6:57	4:27 - 4:20	3:33 - 3:28	1:46 - 1:44	53.5 - 52.2

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
9:39.4	9:36.0	7:12.0	6:00.0	4:48.0	3:36.0	2:24.0	1:48.0	1:12.0

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
30:15	8:51	4:02	18:52

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	15:06 - 14:05	15:01 - 14:00	9:23 - 8:45	7:30 - 7:00	3:45 - 3:30	1:52 - 1:45
Easy	14:00 - 13:31	13:56 - 13:27	8:42 - 8:24	6:58 - 6:43	3:29 - 3:21	1:44 - 1:40
Easy/Moderate	13:05 - 12:40	13:00 - 12:35	8:07 - 7:52	6:30 - 6:17	3:15 - 3:08	1:37 - 1:34
Moderate	12:17 - 11:55	12:12 - 11:51	7:38 - 7:24	6:06 - 5:55	3:03 - 2:57	1:31 - 1:28
Easy Tempo	11:35 - 11:16	11:31 - 11:12	7:12 - 7:00	5:45 - 5:36	2:52 - 2:48	1:26 - 1:24
Tempo	10:59 - 10:42	10:55 - 10:38	6:49 - 6:39	5:27 - 5:19	2:43 - 2:39	1:21 - 1:19
Threshold	10:27 - 10:12	10:23 - 10:08	6:29 - 6:20	5:11 - 5:04	2:35 - 2:32	1:17 - 1:16
CV	9:58 - 9:45	9:55 - 9:42	6:11 - 6:03	4:57 - 4:51	2:28 - 2:25	1:14 - 1:12
Aerobic Power	9:33 - 9:21	9:29 - 9:18	5:56 - 5:48	4:44 - 4:39	2:22 - 2:19	1:11 - 1:09
V.O2 Max	9:10 - 8:59	9:07 - 8:56	5:41 - 5:35	4:33 - 4:28	2:16 - 2:14	1:08 - 1:07
Anaerobic Endurance	8:40 - 8:22	8:37 - 8:19	5:23 - 5:12	4:18 - 4:09	2:09 - 2:04	1:04 - 1:02
Anaerobic Power	8:06 - 7:51	8:03 - 7:48	5:02 - 4:52	4:01 - 3:54	2:00 - 1:57	1:00 - 58.6
Speed Endurance	7:39 - 7:25	7:36 - 7:22	4:45 - 4:36	3:48 - 3:41	1:54 - 1:50	57.1 - 55.3
Speed	7:13 - 7:03	7:11 - 7:00	4:29 - 4:22	3:35 - 3:30	1:47 - 1:45	53.9 - 52.6

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
9:44.2	9:40.8	7:15.6	6:03.0	4:50.4	3:37.8	2:25.2	1:48.9	1:12.6

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
30:30	8:56	4:04	19:02

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	15:13 - 14:11	15:08 - 14:06	9:27 - 8:49	7:34 - 7:03	3:47 - 3:31	1:53 - 1:45
Easy	14:07 - 13:38	14:02 - 13:33	8:46 - 8:28	7:01 - 6:46	3:30 - 3:23	1:45 - 1:41
Easy/Moderate	13:11 - 12:46	13:06 - 12:41	8:11 - 7:56	6:33 - 6:20	3:16 - 3:10	1:38 - 1:35
Moderate	12:22 - 12:01	12:18 - 11:57	7:41 - 7:28	6:09 - 5:58	3:04 - 2:59	1:32 - 1:29
Easy Tempo	11:40 - 11:22	11:36 - 11:18	7:15 - 7:03	5:48 - 5:39	2:54 - 2:49	1:27 - 1:24
Tempo	11:04 - 10:47	11:00 - 10:43	6:52 - 6:42	5:30 - 5:21	2:45 - 2:40	1:22 - 1:20
Threshold	10:32 - 10:17	10:28 - 10:13	6:32 - 6:23	5:14 - 5:06	2:37 - 2:33	1:18 - 1:16
CV	10:03 - 9:50	9:59 - 9:46	6:14 - 6:06	4:59 - 4:53	2:29 - 2:26	1:14 - 1:13
Aerobic Power	9:37 - 9:25	9:34 - 9:22	5:58 - 5:51	4:47 - 4:41	2:23 - 2:20	1:11 - 1:10
V.O2 Max	9:14 - 9:03	9:11 - 9:00	5:44 - 5:38	4:35 - 4:30	2:17 - 2:15	1:08 - 1:07
Anaerobic Endurance	8:44 - 8:26	8:41 - 8:23	5:25 - 5:14	4:20 - 4:11	2:10 - 2:05	1:05 - 1:02
Anaerobic Power	8:09 - 7:55	8:07 - 7:52	5:04 - 4:55	4:03 - 3:56	2:01 - 1:58	1:00 - 59.0
Speed Endurance	7:42 - 7:28	7:40 - 7:26	4:47 - 4:38	3:50 - 3:43	1:55 - 1:51	57.5 - 55.8
Speed	7:17 - 7:06	7:14 - 7:04	4:31 - 4:25	3:37 - 3:32	1:48 - 1:46	54.3 - 53.0

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
9:49.0	9:45.6	7:19.2	6:06.0	4:52.8	3:39.6	2:26.4	1:49.8	1:13.2

Current 5k (season PR)	1600m equivalent	800m equivalent	3200m equivalent
30:45	9:00	4:06	19:11

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	15:20 - 14:18	15:15 - 14:13	9:32 - 8:53	7:37 - 7:06	3:48 - 3:33	1:54 - 1:46
Easy	14:14 - 13:44	14:09 - 13:39	8:50 - 8:32	7:04 - 6:49	3:32 - 3:24	1:46 - 1:42
Easy/Moderate	13:17 - 12:52	13:12 - 12:47	8:15 - 7:59	6:36 - 6:23	3:18 - 3:11	1:39 - 1:35
Moderate	12:28 - 12:06	12:24 - 12:02	7:45 - 7:31	6:12 - 6:01	3:06 - 3:00	1:33 - 1:30
Easy Tempo	11:46 - 11:27	11:42 - 11:23	7:18 - 7:07	5:51 - 5:41	2:55 - 2:50	1:27 - 1:25
Tempo	11:09 - 10:52	11:05 - 10:48	6:56 - 6:45	5:32 - 5:24	2:46 - 2:42	1:23 - 1:21
Threshold	10:36 - 10:22	10:33 - 10:18	6:35 - 6:26	5:16 - 5:09	2:38 - 2:34	1:19 - 1:17
CV	10:07 - 9:54	10:04 - 9:51	6:17 - 6:09	5:02 - 4:55	2:31 - 2:27	1:15 - 1:13
Aerobic Power	9:42 - 9:30	9:38 - 9:26	6:01 - 5:54	4:49 - 4:43	2:24 - 2:21	1:12 - 1:10
V.O2 Max	9:18 - 9:08	9:15 - 9:05	5:47 - 5:40	4:37 - 4:32	2:18 - 2:16	1:09 - 1:08
Anaerobic Endurance	8:48 - 8:30	8:45 - 8:27	5:28 - 5:17	4:22 - 4:13	2:11 - 2:06	1:05 - 1:03
Anaerobic Power	8:13 - 7:58	8:10 - 7:55	5:06 - 4:57	4:05 - 3:57	2:02 - 1:58	1:01 - 59.5
Speed Endurance	7:46 - 7:32	7:43 - 7:29	4:49 - 4:41	3:51 - 3:44	1:55 - 1:52	57.10 - 56.2
Speed	7:20 - 7:09	7:18 - 7:07	4:33 - 4:27	3:39 - 3:33	1:49 - 1:46	54.8 - 53.4

Race Splits

Mile	1600m	1200m	1000m	800m	600m	400m	300m	200m
9:53.8	9:50.4	7:22.8	6:09.0	4:55.2	3:41.4	2:27.6	1:50.7	1:13.8