

pacing sheet

1500m time	mins / mile	200m	400m	600m	800m	1000m
4mins	4.17	32.00	64.00	1.36	2.08	2.40
4 min 15s	4.34	34.00	68.00	1.42	2.16	2.50
4min 30s	4.50	36.00	72.00	1.48	2.24	3.00
4mins45	5.06	38.00	76.00	1.54	2.32	3.10
5mins	5.22	40.00	80.00	2.00	2.40	3.20
5mins 15s	5.38	42.00	84.00	2.06	2.48	3.30
5mins 30s	5.54	44.00	88.00	2.12	2.56	3.40
5mins 45s	6.10	46.00	92.00	2.18	3.04	3.50
6mins	6.26	48.00	96.00	2.24	3.12	4.00
5000 time	mins / mile	200m	400m	600m	800m	1000m
15mins	4.50	36.00	72.00	1.48	2.24	3.00
15m 30s	4.59	37.00	74.40	1.52	2.28	3.06
16 mins	5.09	38.40	76.80	1.55	2.33	3.12
16mins 30	5.19	39.60	79.20	1.59	2.38	3.18
17 mins	5.28	40.80	81.60	2.02	2.43	3.24
17mins 30s	5.38	42.00	84.00	2.06	2.48	3.30
18 mins	5.48	43.20	86.40	2.10	2.53	3.36
18mins 30s	5.57	44.40	88.80	2.13	2.58	3.42
19mins	6.07	45.60	1.31	2.17	3.02	3.48
19min 30s	6.17	46.80	1.36	2.20	3.07	3.54
20mins	6.26	48.00	1.36	2.24	3.12	4.00
20mins 30s	6.36	49.20	1.38	2.48	3.17	4.06
21	6.45	50.40	1.41	2.31	3.22	4.12
21.5	6.55	51.60	1.43	2.35	3.26	4.18
22	7.05	52.80	1.46	2.38	3.31	4.24
10k time	mins / mile	200m	400m	600m	800m	1000m
35	5.38	42.00	84.00	2.06	2.48	3.30
36	5.48	43.20	86.40	2.10	2.53	3.36
37	5.57	44.40	88.80	2.13	2.58	3.42
38	6.07	45.60	1.31	2.17	3.02	3.48
39	6.17	46.80	1.34	2.20	3.07	3.54
40	6.26	48.00	1.36	2.24	3.12	4.00
41	6.36	49.20	1.38	2.28	3.17	4.06
42	6.45	50.40	1.41	2.31	3.22	4.12
43	6.55	51.60	1.43	2.35	3.26	4.18
44	7.05	52.80	1.46	2.38	3.31	4.24
45	7.14	54.00	1.48	2.42	3.36	4.30