

Run Pacing Chart for Track Sessions

Mile	100m	200m	300m	400m	500m	600m	800m	1000m	1200m	1600m	2000m	2400m	3000m	3200m	5000m	10000m
4:00	00:14.9	00:29.8	00:44.7	00:59.7	01:14.5	01:29.5	01:59.3	02:29.1	02:59.0	03:58.6	04:58.3	05:57.9	07:27.4	07:57.2	12:25.7	24:51.3
4:10	00:15.5	00:31.1	00:46.6	01:02.1	01:17.6	01:33.2	02:04.3	02:35.3	03:06.4	04:08.6	05:10.7	06:12.8	07:46.0	08:17.1	12:56.7	25:53.5
4:20	00:16.1	00:32.3	00:48.5	01:04.6	01:20.8	01:36.9	02:09.2	02:41.6	03:13.9	04:18.5	05:23.1	06:27.7	08:04.7	08:37.0	13:27.8	26:55.6
4:30	00:16.8	00:33.6	00:50.3	01:07.1	01:23.9	01:40.7	02:14.2	02:47.8	03:21.3	04:28.4	05:35.5	06:42.7	08:23.3	08:56.9	13:58.9	27:57.7
4:40	00:17.4	00:34.8	00:52.2	01:09.6	01:27.0	01:44.4	02:19.2	02:54.0	03:28.8	04:38.4	05:48.0	06:57.6	08:42.0	09:16.8	14:29.9	28:59.9
4:50	00:18.0	00:36.0	00:54.0	01:12.1	01:30.1	01:48.1	02:24.2	03:00.2	03:36.2	04:48.3	06:00.4	07:12.5	09:00.6	09:36.6	15:01.0	30:02.0
5:00	00:18.6	00:37.3	00:55.9	01:14.6	01:33.2	01:51.8	02:29.1	03:06.4	03:43.7	04:58.3	06:12.8	07:27.4	09:19.2	09:56.5	15:32.1	31:04.2
5:10	00:19.2	00:38.5	00:57.8	01:17.1	01:36.3	01:55.6	02:34.1	03:12.6	03:51.2	05:08.2	06:25.3	07:42.3	09:37.9	10:16.4	16:03.2	32:06.3
5:20	00:19.9	00:39.8	00:59.6	01:19.5	01:39.4	01:59.3	02:39.1	03:18.8	03:58.6	05:18.2	06:37.7	07:57.2	09:56.5	10:36.3	16:34.2	33:08.4
5:30	00:20.5	00:41.0	01:05.1	01:22.0	01:42.5	02:03.0	02:44.0	03:25.1	04:06.1	05:28.1	06:50.1	08:12.1	10:15.2	10:56.2	17:05.3	34:10.6
5:40	00:21.1	00:42.3	01:03.4	01:24.5	01:45.6	02:06.8	02:49.0	03:31.3	04:13.5	05:38.0	07:02.5	08:27.1	10:33.8	11:16.1	17:36.4	35:12.7
5:50	00:21.7	00:43.5	01:05.2	01:27.0	01:48.7	02:10.5	02:54.0	03:37.5	04:21.0	05:48.0	07:15.0	08:42.0	10:52.5	11:36.0	18:07.4	36:14.9
6:00	00:22.3	00:44.7	01:07.1	01:29.5	01:51.8	02:14.2	02:59.0	03:43.7	04:28.4	05:57.9	07:27.4	08:56.9	11:11.1	11:55.8	18:38.5	37:17.0
6:10	00:23.0	00:46.0	01:08.9	01:32.0	01:54.9	02:17.9	03:03.9	03:49.9	04:35.9	06:07.9	07:39.8	09:11.8	11:29.7	12:15.7	19:09.6	38:19.1
6:20	00:23.6	00:47.2	01:10.8	01:34.5	01:58.0	02:21.7	03:08.9	03:56.1	04:43.4	06:17.8	07:52.3	09:26.7	11:48.4	12:35.6	19:40.6	39:21.3
6:30	00:24.2	00:48.5	01:12.7	01:36.9	02:01.1	02:25.4	03:13.9	04:02.3	04:50.8	06:27.7	08:04.7	09:41.6	12:07.0	12:55.5	20:11.7	40:23.4
6:40	00:24.8	00:49.7	01:14.5	01:39.4	02:04.3	02:29.1	03:18.8	04:08.6	04:58.3	06:37.7	08:17.1	09:56.5	12:25.7	13:15.4	20:42.8	41:25.6
6:50	00:25.5	00:51.0	01:16.4	01:41.9	02:07.4	02:32.9	03:23.8	04:14.8	05:05.7	06:47.6	08:29.5	10:11.4	12:44.3	13:35.3	21:13.8	42:27.7
7:00	00:26.1	00:52.2	01:18.3	01:44.4	02:10.5	02:36.6	03:28.8	04:21.0	05:13.2	06:57.6	08:42.0	10:26.4	13:02.9	13:55.1	21:44.9	43:29.8
7:10	00:26.7	00:53.4	01:20.1	01:46.9	02:13.6	02:40.3	03:33.8	04:27.2	05:20.6	07:07.5	08:54.4	10:41.3	13:21.6	14:15.0	22:16.0	44:32.0
7:20	00:27.3	00:54.7	01:22.0	01:49.4	02:16.7	02:44.0	03:38.7	04:33.4	05:28.1	07:17.5	09:06.8	10:56.2	13:40.2	14:34.9	22:47.1	45:34.1
7:30	00:27.9	00:55.9	01:23.9	01:51.8	02:19.8	02:47.8	03:43.7	04:39.6	05:35.5	07:27.4	09:19.2	11:11.1	13:58.9	14:54.8	23:18.1	46:36.2
7:40	00:28.6	00:57.2	01:25.7	01:54.3	02:22.9	02:51.5	03:48.7	04:45.8	05:43.0	07:37.3	09:31.7	11:26.0	14:17.5	15:14.7	23:49.2	47:38.4
7:50	00:29.2	00:58.4	01:27.6	01:56.8	02:26.5	02:55.2	03:53.6	04:52.1	05:50.5	07:47.3	09:44.1	11:40.9	14:36.2	15:34.6	24:20.3	48:40.5
8:00	00:29.8	00:59.7	01:29.5	01:59.3	02:29.1	02:59.0	03:58.6	04:58.3	05:57.9	07:57.2	09:56.5	11:55.8	14:54.8	15:54.5	24:51.3	49:42.7
8:10	00:30.4	01:00.9	01:31.3	02:01.8	02:32.2	03:02.7	04:03.6	05:04.5	06:05.4	08:07.2	10:09.0	12:10.8	15:13.4	16:14.3	25:22.4	50:44.8

Run Pacing Chart for Track Sessions

Mile	100m	200m	300m	400m	500m	600m	700m	800m	1000m	1200m	1600m	2000m	2400m	3000m	5000m	1000m
8:20	00:31.0	01:02.1	01:33.2	02:04.3	02:35.3	03:06.4	04:08.6	05:10.7	06:12.8	08:17.1	10:21.4	12:25.7	15:32.1	16:34.2	25:53.5	51:46.9
8:30	00:31.7	01:03.4	01:35.0	02:06.8	02:38.5	03:10.1	04:13.5	05:16.9	06:20.3	08:27.1	10:33.8	12:40.6	15:50.7	16:54.1	26:24.5	52:49.1
8:40	00:32.3	01:04.6	01:36.9	02:09.2	02:41.5	03:13.9	04:18.5	05:23.1	06:27.7	08:37.0	10:46.2	12:55.5	16:09.4	17:14.0	26:55.6	53:51.2
8:50	00:32.9	01:05.9	01:38.8	02:11.7	02:44.6	03:17.6	04:23.5	05:29.3	06:35.2	08:46.9	10:58.7	13:10.4	16:28.0	17:33.9	27:26.7	54:53.4
9:00	00:33.5	01:07.1	01:40.6	02:14.2	02:47.7	03:21.3	04:28.4	05:35.5	06:42.7	08:56.9	11:11.1	13:25.3	16:46.6	17:53.8	27:57.7	55:55.5
9:10	00:34.2	01:08.4	01:42.5	02:16.7	02:50.9	03:25.1	04:33.4	05:41.8	06:50.1	09:06.8	11:23.5	13:40.2	17:05.3	18:13.6	28:28.8	56:57.6
9:20	00:34.8	01:09.6	01:44.4	02:19.2	02:54.0	03:28.8	04:38.4	05:48.0	06:57.6	09:16.8	11:36.0	13:55.1	17:23.9	18:33.5	28:59.9	57:59.8
9:30	00:35.4	01:10.8	01:46.2	02:21.7	02:57.1	03:32.5	04:43.4	05:54.2	07:05.0	09:26.7	11:48.4	14:10.1	17:42.6	18:53.4	29:31.0	59:01.9
9:40	00:36.0	01:12.1	01:48.1	02:24.2	03:00.2	03:36.2	04:48.3	06:00.4	07:12.5	09:36.6	12:00.8	14:25.0	18:01.2	19:13.3	30:02.0	00:04.1
9:50	00:36.6	01:13.3	01:50.0	02:26.6	03:03.3	03:40.0	04:53.3	06:06.6	07:19.9	09:46.6	12:13.2	14:39.9	18:19.9	19:33.2	30:33.1	01:06.2
10:00	00:37.3	01:14.6	01:51.8	02:29.1	03:06.4	03:43.7	04:58.3	06:12.8	07:27.4	09:56.5	12:25.7	14:54.8	18:38.5	19:53.1	31:04.2	02:08.3

TRAINING ZONES FOR CLUB SESSIONS

% of Max HR	Zone	Definition	Swim	Bike	Run	Perceived effort
up to 60	1	Active Recovery	Technique/drill work, short recovery sessions	Technique/drill work, short recovery sessions	Technique/drill work, short recovery sessions	5 out of 10
60 - 70	2	Endurance	Slightly slower than 1500m Race pace 45min - 2hrs duration	Group rides / advanced skills, 2 - 6hrs duration	Long / slow runs, 1 - 3hrs in duration	6 -7 out of 10
70 - 80	3	Aerobic Capacity	1500m Race Pace up to 500m reps	Tempo / Ironman Race pace, controlled intensity	Tempo / Slightly slower than 10k Race pace or Half Marathon pace	7 - 8 out of 10
80 - 85	4	Threshold	400m Race pace & faster	Race pace for Sprint - Olympic Races or TT's	5k - 10k Race pace, hill work, track work	8 - 9 out of 10
85 +	5	Anaerobic Capacity	200m Race pace & faster, deep water race starts	High Intensity turbo work, faster than race pace, lactate tolerance	Faster than 3k pace, fast pace hill work, lactate tolerance	9 + out of 10

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