

Training Pace by Training Type

1500 PR	Date Pace Mile	Recovery Run		Tempo Run		Aerobic Interval			Anaerobic Interval		Aerobic Interval		Anaerobic Interval					
	Effort per Mile														Effort per 400m			
	100%	65%	75%	75%	85%	85%	95%	105%	115%	85%	95%	105%	115%					
4:13	4:30	6:55	6:00	6:00	5:17	5:17	4:44	4:16	3:49	1:19	1:11	1:04	0:57					
4:17	4:35	7:03	6:06	6:06	5:23	5:23	4:49	4:21	3:53	1:20	1:12	1:05	0:58					
4:22	4:40	7:10	6:13	6:13	5:29	5:29	4:54	4:26	3:58	1:22	1:13	1:06	0:59					
4:27	4:45	7:18	6:20	6:20	5:35	5:35	5:00	4:30	4:02	1:23	1:15	1:07	1:00					
4:31	4:50	7:26	6:26	6:26	5:41	5:41	5:05	4:35	4:06	1:25	1:16	1:08	1:01					
4:36	4:55	7:33	6:33	6:33	5:47	5:47	5:10	4:40	4:10	1:26	1:17	1:10	1:02					
4:41	5:00	7:41	6:40	6:40	5:52	5:52	5:15	4:45	4:15	1:28	1:18	1:11	1:03					
4:45	5:05	7:49	6:46	6:46	5:58	5:58	5:21	4:49	4:19	1:29	1:20	1:12	1:04					
4:50	5:10	7:56	6:53	6:53	6:04	6:04	5:26	4:54	4:23	1:31	1:21	1:13	1:05					
4:55	5:15	8:04	7:00	7:00	6:10	6:10	5:31	4:59	4:27	1:32	1:22	1:14	1:06					
5:00	5:20	8:12	7:06	7:06	6:16	6:16	5:36	5:04	4:32	1:34	1:24	1:16	1:08					
5:04	5:25	8:20	7:13	7:13	6:22	6:22	5:42	5:08	4:36	1:35	1:25	1:17	1:09					
5:09	5:30	8:27	7:20	7:20	6:28	6:28	5:47	5:13	4:40	1:37	1:26	1:18	1:10					
5:14	5:35	8:35	7:26	7:26	6:34	6:34	5:52	5:18	4:44	1:38	1:28	1:19	1:11					
5:18	5:40	8:43	7:33	7:33	6:40	6:40	5:57	5:23	4:49	1:40	1:29	1:20	1:12					
5:23	5:45	8:50	7:40	7:40	6:45	6:45	6:03	5:27	4:53	1:41	1:30	1:21	1:13					
5:28	5:50	8:58	7:46	7:46	6:51	6:51	6:08	5:32	4:57	1:42	1:32	1:23	1:14					
5:32	5:55	9:06	7:53	7:53	6:57	6:57	6:13	5:37	5:01	1:44	1:33	1:24	1:15					
5:37	6:00	9:13	8:00	8:00	7:03	7:03	6:18	5:42	5:06	1:45	1:34	1:25	1:16					
5:42	6:05	9:21	8:06	8:06	7:09	7:09	6:24	5:46	5:10	1:47	1:36	1:26	1:17					
5:46	6:10	9:29	8:13	8:13	7:15	7:15	6:29	5:51	5:14	1:48	1:37	1:27	1:18					
5:51	6:15	9:36	8:20	8:20	7:21	7:21	6:34	5:56	5:18	1:50	1:38	1:29	1:19					
5:56	6:20	9:44	8:26	8:26	7:27	7:27	6:40	6:01	5:23	1:51	1:40	1:30	1:20					
6:00	6:25	9:52	8:33	8:33	7:32	7:32	6:45	6:05	5:27	1:53	1:41	1:31	1:21					
6:05	6:30	10:00	8:40	8:40	7:38	7:38	6:50	6:10	5:31	1:54	1:42	1:32	1:22					
6:10	6:35	10:07	8:46	8:46	7:44	7:44	6:55	6:15	5:35	1:56	1:43	1:33	1:23					
6:15	6:40	10:15	8:53	8:53	7:50	7:50	7:01	6:20	5:40	1:57	1:45	1:35	1:25					
6:19	6:45	10:23	9:00	9:00	7:56	7:56	7:06	6:24	5:44	1:59	1:46	1:36	1:26					
6:24	6:50	10:30	9:06	9:06	8:02	8:02	7:11	6:29	5:48	2:00	1:47	1:37	1:27					
6:29	6:55	10:38	9:13	9:13	8:08	8:08	7:16	6:34	5:52	2:02	1:49	1:38	1:28					
6:33	7:00	10:46	9:20	9:20	8:14	8:14	7:22	6:39	5:57	2:03	1:50	1:39	1:29					
6:38	7:05	10:53	9:26	9:26	8:20	8:20	7:27	6:43	6:01	2:05	1:51	1:40	1:30					
6:43	7:10	11:01	9:33	9:33	8:25	8:25	7:32	6:48	6:05	2:06	1:53	1:42	1:31					
6:47	7:15	11:09	9:40	9:40	8:31	8:31	7:37	6:53	6:09	2:07	1:54	1:43	1:32					
6:52	7:20	11:16	9:46	9:46	8:37	8:37	7:43	6:58	6:14	2:09	1:55	1:44	1:33					
6:57	7:25	11:24	9:53	9:53	8:43	8:43	7:48	7:02	6:18	2:10	1:57	1:45	1:34					
7:01	7:30	11:32	10:00	10:00	8:49	8:49	7:53	7:07	6:22	2:12	1:58	1:46	1:35					
7:06	7:35	11:40	10:06	10:06	8:55	8:55	7:58	7:12	6:26	2:13	1:59	1:48	1:36					

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1500 PR	Date Pace Mile	Recovery Run		Tempo Run		Aerobic Interval			Anaerobic Interval		Aerobic Interval		Anaerobic Interval				
	Effort per Mile													Effort per 400m			
	100%	65%	75%	75%	85%	85%	95%	105%	115%	85%	95%	105%	115%				
7:11	7:40	11:47	10:13	10:13	9:01	9:01	8:04	7:17	6:31	2:15	2:01	1:49	1:37				
7:15	7:45	11:55	10:20	10:20	9:07	9:07	8:09	7:21	6:35	2:16	2:02	1:50	1:38				
7:20	7:50	12:03	10:26	10:26	9:12	9:12	8:14	7:26	6:39	2:18	2:03	1:51	1:39				
7:25	7:55	12:10	10:33	10:33	9:18	9:18	8:20	7:31	6:43	2:19	2:05	1:52	1:40				
7:30	8:00	12:18	10:40	10:40	9:24	9:24	8:25	7:36	6:48	2:21	2:06	1:54	1:42				
7:34	8:05	12:26	10:46	10:46	9:30	9:30	8:30	7:40	6:52	2:22	2:07	1:55	1:43				
7:39	8:10	12:33	10:53	10:53	9:36	9:36	8:35	7:45	6:56	2:24	2:08	1:56	1:44				
7:44	8:15	12:41	11:00	11:00	9:42	9:42	8:41	7:50	7:00	2:25	2:10	1:57	1:45				
7:48	8:20	12:49	11:06	11:06	9:48	9:48	8:46	7:55	7:05	2:27	2:11	1:58	1:46				
7:53	8:25	12:56	11:13	11:13	9:54	9:54	8:51	7:59	7:09	2:28	2:12	1:59	1:47				
7:58	8:30	13:04	11:20	11:20	10:00	10:00	8:56	8:04	7:13	2:30	2:14	2:01	1:48				
8:02	8:35	13:12	11:26	11:26	10:05	10:05	9:02	8:09	7:17	2:31	2:15	2:02	1:49				
8:07	8:40	13:20	11:33	11:33	10:11	10:11	9:07	8:14	7:22	2:32	2:16	2:03	1:50				
8:12	8:45	13:27	11:40	11:40	10:17	10:17	9:12	8:18	7:26	2:34	2:18	2:04	1:51				
8:16	8:50	13:35	11:46	11:46	10:23	10:23	9:17	8:23	7:30	2:35	2:19	2:05	1:52				
8:21	8:55	13:43	11:53	11:53	10:29	10:29	9:23	8:28	7:34	2:37	2:20	2:07	1:53				
8:26	9:00	13:50	12:00	12:00	10:35	10:35	9:28	8:33	7:39	2:38	2:22	2:08	1:54				
8:30	9:05	13:58	12:06	12:06	10:41	10:41	9:33	8:37	7:43	2:40	2:23	2:09	1:55				
8:35	9:10	14:06	12:13	12:13	10:47	10:47	9:38	8:42	7:47	2:41	2:24	2:10	1:56				
8:40	9:15	14:13	12:20	12:20	10:52	10:52	9:44	8:47	7:51	2:43	2:26	2:11	1:57				
8:45	9:20	14:21	12:26	12:26	10:58	10:58	9:49	8:52	7:56	2:44	2:27	2:13	1:59				
8:49	9:25	14:29	12:33	12:33	11:04	11:04	9:54	8:56	8:00	2:46	2:28	2:14	2:00				
8:54	9:30	14:36	12:40	12:40	11:10	11:10	10:00	9:01	8:04	2:47	2:30	2:15	2:01				
8:59	9:35	14:44	12:46	12:46	11:16	11:16	10:05	9:06	8:08	2:49	2:31	2:16	2:02				
9:03	9:40	14:52	12:53	12:53	11:22	11:22	10:10	9:11	8:13	2:50	2:32	2:17	2:03				
9:08	9:45	15:00	13:00	13:00	11:28	11:28	10:15	9:15	8:17	2:52	2:33	2:18	2:04				
9:13	9:50	15:07	13:06	13:06	11:34	11:34	10:21	9:20	8:21	2:53	2:35	2:20	2:05				
9:17	9:55	15:15	13:13	13:13	11:40	11:40	10:26	9:25	8:25	2:55	2:36	2:21	2:06				
9:22	10:00	15:23	13:20	13:20	11:45	11:45	10:31	9:30	8:30	2:56	2:37	2:22	2:07				