

## Pacing Chart for CVRR Track Sessions

Based on 10 km race time	Reps splits 200 metres	(I) Splits per 400 metres	(I) Pace per KM	T splits per 400 metres	T pace per mile
60 min	63 sec	2:14 min & sec	6:05 min & sec	2:26 min & sec	9:47 min & sec
55	57	2:02	5:05	2:13	8:55
52	54	1:56	4:54	2:07	8:33
50	52	1:52	4:42	2:02	8:12
48	50	1:48	4:31	1:57	7:52
46	48	1:44	4:21	1:53	7:33
44	46	1:40	4:12	1:49	7:17
42	44	95 sec	3:59	1:43	6:56
40	42	91	3:48	98 sec	6:38
38	40	87	3:37	94	6:20
37	39	85	3:31	91	6:09
36	38	82	3:28	90	6:04
35	37	81	3:23	88	5:54
34	36	79	3:17	85	5:45
33:55	35	78	3:15	84	5:41
33:28	35	77	3:12	83	5:36
33:01	35	76	3:10	82	5:32
32:35	34	75	3:08	81	5:28
32:11	34	74	3:05	80	5:24

Source: Daniels Running Formula (2014)

### How to use this chart for your proper pacing:

During some Tuesday track sessions, Neil will suggest a specific split time for you to focus on. For example, if your 10 km race time (column 1) over the last year or two was 49 minutes, you can take an average of the 50-minute and 48-minute times listed. In this case, your Rep splits for 200 m would be 51 seconds. If your fitness has remained the same, this is quite accurate. If you have not raced for a while or you have never raced, please talk to Neil, and he will help you find your starting point.

- **Rep splits 200 metres:** Fast running (9.5/10 effort or quicker) for 200 metre distance.
- **Interval (I) splits per 400 m:** 5 km race pace running (about 9/10 effort) for one lap.
- **I pace per KM:** 1 km split time (2.5 laps on the track) at 5 km race pace (9/10 effort).
- **Lactate Threshold (T) split per 400 metres:** 8.5/10 effort (comfortably hard) for one lap.
- **T pace per mile:** 1600 metres (4 laps of the track) at 8.5/ 10 effort.