

2-MILE RUN INTERVAL PACE TABLE									
2-MILE RUN (MM:SS)	800M run pace (MM:SS)	1200M run pace (MM:SS)	1600M run pace (MM:SS)	Tempo Pace (pace per mile)	2-MILE RUN (MM:SS)	800M run pace (MM:SS)	1200M run pace (MM:SS)	1600M run pace (MM:SS)	Tempo Pace (pace per mile)
09:00 - 09:04	02:02 - 02:09	03:06 - 03:16	04:17 - 04:29	04:57 - 05:13	11:35 - 11:39	02:36 - 02:46	04:00 - 04:12	05:30 - 05:46	06:22 - 06:42
09:05 - 09:09	02:03 - 02:10	03:08 - 03:18	04:19 - 04:32	05:00 - 05:16	11:45 - 11:49	02:39 - 02:48	04:03 - 04:15	05:35 - 05:51	06:28 - 06:48
09:10 - 09:14	02:04 - 02:12	03:10 - 03:19	04:21 - 04:34	05:03 - 05:19	11:55 - 11:59	02:41 - 02:51	04:07 - 04:19	05:40 - 05:56	06:33 - 06:53
09:15 - 09:19	02:05 - 02:13	03:11 - 03:21	04:24 - 04:37	05:05 - 05:21	12:05 - 12:09	02:43 - 02:53	04:10 - 04:22	05:44 - 06:01	06:39 - 06:59
09:20 - 09:24	02:06 - 02:14	03:13 - 03:23	04:26 - 04:39	05:08 - 05:24	12:15 - 12:19	02:45 - 02:56	04:14 - 04:26	05:49 - 06:06	06:44 - 07:05
09:25 - 09:29	02:07 - 02:15	03:15 - 03:25	04:28 - 04:42	05:11 - 05:27	12:25 - 12:29	02:48 - 02:58	04:17 - 04:30	05:54 - 06:11	06:50 - 07:11
09:30 - 09:34	02:08 - 02:16	03:17 - 03:27	04:31 - 04:44	05:14 - 05:30	12:35 - 12:39	02:50 - 03:00	04:20 - 04:33	05:59 - 06:16	06:55 - 07:16
09:35 - 09:39	02:09 - 02:18	03:18 - 03:28	04:33 - 04:47	05:16 - 05:33	12:45 - 12:49	02:52 - 03:03	04:24 - 04:37	06:03 - 06:21	07:01 - 07:22
09:40 - 09:44	02:11 - 02:19	03:20 - 03:30	04:36 - 04:49	05:19 - 05:36	12:55 - 12:59	02:54 - 03:05	04:27 - 04:40	06:08 - 06:26	07:06 - 07:28
09:45 - 09:49	02:12 - 02:20	03:22 - 03:32	04:38 - 04:52	05:22 - 05:39	13:05 - 13:09	02:57 - 03:07	04:31 - 04:44	06:13 - 06:31	07:12 - 07:34
09:50 - 09:54	02:13 - 02:21	03:24 - 03:34	04:40 - 04:54	05:25 - 05:42	13:15 - 13:19	02:59 - 03:10	04:34 - 04:48	06:18 - 06:36	07:17 - 07:39
09:55 - 09:59	02:14 - 02:22	03:25 - 03:36	04:43 - 04:57	05:27 - 05:44	13:25 - 13:29	03:01 - 03:12	04:38 - 04:51	06:22 - 06:40	07:23 - 07:45
10:00 - 10:04	02:15 - 02:23	03:27 - 03:37	04:45 - 04:59	05:30 - 05:47	13:35 - 13:39	03:03 - 03:15	04:41 - 04:55	06:27 - 06:45	07:28 - 07:51
10:05 - 10:09	02:16 - 02:25	03:29 - 03:39	04:47 - 05:01	05:33 - 05:50	13:45 - 13:49	03:06 - 03:17	04:45 - 04:58	06:32 - 06:50	07:34 - 07:57
10:10 - 10:14	02:17 - 02:26	03:30 - 03:41	04:50 - 05:04	05:36 - 05:53	13:55 - 13:59	03:08 - 03:19	04:48 - 05:02	06:37 - 06:55	07:39 - 08:02
10:15 - 10:19	02:18 - 02:27	03:32 - 03:43	04:52 - 05:06	05:38 - 05:56	14:05 - 14:09	03:10 - 03:22	04:52 - 05:06	06:41 - 07:00	07:45 - 08:08
10:20 - 10:24	02:20 - 02:28	03:34 - 03:45	04:55 - 05:09	05:41 - 05:59	14:15 - 14:19	03:12 - 03:24	04:55 - 05:09	06:46 - 07:05	07:50 - 08:14
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10:30 - 10:34	02:22 - 02:31	03:37 - 03:48	04:59 - 05:14	05:47 - 06:05	14:35 - 14:39	03:17 - 03:29	05:02 - 05:16	06:56 - 07:15	08:01 - 08:25
10:35 - 10:39	02:23 - 02:32	03:39 - 03:50	05:02 - 05:16	05:49 - 06:07	14:45 - 14:49	03:19 - 03:31	05:05 - 05:20	07:00 - 07:20	08:07 - 08:31
10:40 - 10:44	02:24 - 02:33	03:41 - 03:52	05:04 - 05:19	05:52 - 06:10	14:55 - 14:59	03:21 - 03:34	05:09 - 05:24	07:05 - 07:25	08:12 - 08:37
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11:00 - 11:04	02:29 - 02:38	03:48 - 03:59	05:14 - 05:29	06:03 - 06:22	15:35 - 15:39	03:30 - 03:43	05:23 - 05:38	07:24 - 07:45	08:34 - 09:00
11:05 - 11:09	02:30 - 02:39	03:49 - 04:01	05:16 - 05:31	06:06 - 06:25	15:45 - 15:49	03:33 - 03:45	05:26 - 05:42	07:29 - 07:50	08:40 - 09:06
11:10 - 11:14	02:31 - 02:40	03:51 - 04:03	05:18 - 05:34	06:09 - 06:28	15:55 - 15:59	03:35 - 03:48	05:29 - 05:45	07:34 - 07:55	08:45 - 09:11
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11:20 - 11:24	02:33 - 02:42	03:55 - 04:06	05:23 - 05:39	06:14 - 06:33	16:15 - 16:19	03:39 - 03:53	05:36 - 05:52	07:43 - 08:05	08:56 - 09:23
11:25 - 11:29	02:34 - 02:44	03:56 - 04:08	05:25 - 05:41	06:17 - 06:36	16:25 - 16:29	03:42 - 03:55	05:40 - 05:56	07:48 - 08:10	09:02 - 09:29