

Track Interval Pace Calculator

from heartbreakhill.org/trackpace.htm

6:00 Mile	
200m	:44
400m	1:29
800m	2:58
1200m	4:28
1600m	5:57

6:30 Mile	
200m	:48
400m	1:36
800m	3:13
1200m	4:50
1600m	6:27

7:00 Mile	
200m	:52
400m	1:44
800m	3:28
1200m	5:13
1600m	6:57

7:30 Mile	
200m	:55
400m	1:51
800m	3:43
1200m	5:35
1600m	7:27

8:00 Mile	
200m	:59
400m	1:59
800m	3:58
1200m	5:57
1600m	7:57

8:30 Mile	
200m	1:03
400m	2:06
800m	4:13
1200m	6:20
1600m	8:27

9:00 Mile	
200m	1:07
400m	2:14
800m	4:28
1200m	6:42
1600m	8:56

9:30 Mile	
200m	1:10
400m	2:21
800m	4:43
1200m	7:05
1600m	9:26

10:00 Mile	
200m	1:15
400m	2:30
800m	5:00
1200m	7:50
1600m	10:00