

RUN PACING

This chart represents split times dependent on your pace per 100 m. For example, if you maintain a 00:20/100-m pace, then you will run a 00:40 200-m pace and a 01:20 400-m pace.

/100-m pace	200-m	400-m	800-m	1,000-m	1,600-m	3,200-m	5,000-m
00:20	00:40	01:20	02:40	03:20	05:20	10:40	16:40
00:22	00:44	01:28	02:56	03:40	05:52	11:44	18:20
00:24	00:48	01:36	03:12	04:00	06:24	12:48	20:00
00:26	00:52	01:44	03:28	04:20	06:56	13:52	21:40
00:28	00:56	01:52	03:44	04:40	07:28	14:56	23:20
00:30	01:00	02:00	04:00	05:00	08:00	16:00	25:00
00:32	01:04	02:08	04:16	05:20	08:32	17:04	26:40
00:34	01:08	02:16	04:32	05:40	09:04	18:08	28:20
00:36	01:12	02:24	04:48	06:00	09:36	19:12	30:00

METERS TO MILES

Meters	Miles
400	0.25
800	0.50
1,000	0.62
1,200	0.75
1,600	1.0
3,200	2.0
5,000	3.11
10,000	6.21

CALORIES/METERS PACE

Calorie/ Hr Pace	500-m Split Pace	5 Calories		10 Calories		15 Calories	
		Time in Seconds	Distance	Time in Seconds	Distance	Time in Seconds	Distance
1,952	01:30	9	x	18	x	28	x
1,705	01:35	11	x	21	x	32	x
1,505	01:40	12	x	24	x	36	x
1,341	01:45	13	x	27	x	40	x
1,205	01:50	15	x	30	x	45	x
1,092	01:55	16	x	33	x	49	x
997	02:00	18	x	36	x	54	x
917	02:05	20	x	39	x	59	x
848	02:10	21	x	42	x	64	x
790	02:20	23	x	46	x	68	x
739	02:25	24	x	49	x	73	x
695	02:30	26	x	52	x	78	x
657	02:35	27	x	55	x	82	x
623	02:40	29	x	58	x	87	x
594	02:45	30	x	61	x	91	x
545	02:50	33	x	66	x	99	x
524	02:55	34	x	69	x	103	x
506	03:00	36	x	71	x	107	x

CALORIES

Time Domain	Run	C2 Bike		Row/Ski		Assault Bike		Echo Bike	
		♀	♂	♀	♂	♀	♂	♀	♂
00:45-01:00	200	12	15	12	15	12	15	12	15
01:30-02:00	400	32	40	32	40	24	32	24	32
02:30-03:00	600	40	50	40	50	36	45	36	45
03:30-04:00	800	60	75	60	75	48	60	48	60
05:00-06:00	1,200	80	100	80	100	75	90	75	90
07:00-09:00	1,600	125	150	125	150	90	150	90	150
17:00-22:00	5,000	320	400	320	400	240	300	240	300
40:00-50:00	10,000	640	800	640	800	480	600	480	600

MACHINE CONVERSIONS

METERS

Time Domain	Run	C2 Bike		Row/Ski		Assault Bike		Echo Bike	
		♀	♂	♀	♂	♀	♂	♀	♂
00:45-01:00	200	400	500	200	250	300	400	300	400
01:30-02:00	400	800	1,000	400	500	650	800	650	800
03:30-04:00	800	1,600	2,000	800	1,000	1,300	1,600	1,300	1,600
07:00-08:00	1,600	3,200	4,000	1,600	2,000	2,600	3,200	2,600	3,200
17:00-20:00	5,000	8,000	10,000	4,000	5,000	6,500	8,000	6,500	8,000
40:00-50:00	10,000	16,000	20,000	8,000	10,000	13,000	16,000	13,000	16,000