

LEVEL 4 PACE CHART

Reference Pace	Warmup/ Recovery	16 spm	17 spm	18 spm	19 spm	20 spm	21 spm	22 spm	23 spm	24 spm	25 spm	26 spm
01:30	02:07	01:52	01:51	01:49	01:47	01:45	01:43	01:41	01:39	01:37	01:36	01:34
01:31	02:08	01:54	01:52	01:50	01:48	01:46	01:44	01:42	01:40	01:39	01:37	01:35
01:32	02:10	01:55	01:53	01:51	01:49	01:47	01:45	01:43	01:42	01:40	01:38	01:36
01:33	02:11	01:56	01:54	01:52	01:50	01:49	01:47	01:45	01:43	01:41	01:39	01:37
01:34	02:13	01:57	01:56	01:54	01:52	01:50	01:48	01:46	01:44	01:42	01:40	01:38
01:35	02:14	01:59	01:57	01:55	01:53	01:51	01:49	01:47	01:45	01:43	01:41	01:39
01:36	02:15	02:00	01:58	01:56	01:54	01:52	01:50	01:48	01:46	01:44	01:42	01:40
01:37	02:17	02:01	01:59	01:57	01:55	01:53	01:51	01:49	01:47	01:45	01:43	01:41
01:38	02:18	02:02	02:00	01:58	01:56	01:54	01:52	01:50	01:48	01:46	01:44	01:42
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01:40	02:21	02:05	02:03	02:01	01:59	01:57	01:55	01:52	01:50	01:48	01:46	01:44
01:41	02:22	02:06	02:04	02:02	02:00	01:58	01:56	01:54	01:52	01:49	01:47	01:45
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