

EPS TRAINING PACE CHART

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200m (Notes: * require a full on flying start; # require a 3 to 5 step jog in start)

Time	20m*	40m*	50m*	60m*	80m#	90m#	100m#	120m#	140m	150m	180m
20.0	02.0	04.0	05.0	06.0	08.0	09.0	10.0	12.0	14.0	15.0	18.0
22.0	02.2	04.4	05.5	06.6	08.8	09.9	11.0	13.2	15.4	16.5	19.8
24.0	02.4	04.8	06.0	07.2	09.6	10.8	12.0	14.4	16.8	18.0	21.6
26.0	02.6	05.2	06.5	07.8	10.4	11.7	13.0	15.6	18.2	19.5	23.4
28.0	02.8	05.6	07.0	08.4	11.2	12.6	14.0	16.8	19.6	21.0	25.2
30.0	03.0	06.0	07.5	09.0	12.0	13.5	15.0	18.0	21.0	22.5	27.0
32.0	03.2	06.4	08.0	09.6	12.8	14.4	16.0	19.2	22.4	24.0	28.8
34.0	03.4	06.8	08.5	10.2	13.6	15.3	17.0	20.4	23.8	25.5	30.6
36.0	03.6	07.2	09.0	10.8	14.4	16.2	18.0	21.6	25.2	27.0	32.4
38.0	03.8	07.6	09.5	11.4	15.2	17.1	19.0	22.8	26.6	28.5	34.2
40.0	04.0	08.0	10.0	12.0	16.0	18.0	20.0	24.0	28.0	30.0	36.0
42.0	04.2	08.4	10.5	12.6	16.8	18.9	21.0	25.2	29.4	31.5	37.8
44.0	04.4	08.8	11.0	13.2	17.6	19.8	22.0	26.4	30.8	33.0	39.6
46.0	04.6	09.2	11.5	13.8	18.4	20.7	23.0	27.6	32.2	34.5	41.4
48.0	04.8	09.6	12.0	14.4	19.2	21.6	24.0	28.8	33.6	36.0	43.2
50.0	05.0	10.0	12.5	15.0	20.0	22.5	25.0	30.0	35.0	37.5	45.0
52.0	05.2	10.4	13.0	15.6	20.8	23.4	26.0	31.2	36.4	39.0	46.8
54.0	05.4	10.8	13.5	16.2	21.6	24.3	27.0	32.4	37.8	40.5	48.6
56.0	05.6	11.2	14.0	16.8	22.4	25.2	28.0	33.6	39.2	42.0	50.4
58.0	05.8	11.6	14.5	17.4	23.2	26.1	29.0	34.8	40.6	43.5	52.2
1:00.0	06.0	12.0	15.0	18.0	24.0	27.0	30.0	36.0	42.0	45.0	54.0

400m (Notes: # require a 'jog in' 3 to 5 step flying start; others a 2 to 3 step start)

Time	40m#	60m#	80m#	100m#	120m	150m	180m	200m	250m	300m	320m
40.0	0:04.0	0:06.0	0:08.0	0:10.0	0:12.0	0:15.0	0:18.0	0:20.0	0:25.0	0:30.0	0:32.0
44.0	0:04.4	0:06.6	0:08.8	0:11.0	0:13.2	0:16.5	0:19.8	0:22.0	0:27.5	0:33.0	0:35.2
48.0	0:04.8	0:07.2	0:09.6	0:12.0	0:14.4	0:18.0	0:21.6	0:24.0	0:30.0	0:36.0	0:38.4
52.0	0:05.2	0:07.8	0:10.4	0:13.0	0:15.6	0:19.5	0:23.4	0:26.0	0:32.5	0:39.0	0:41.6
56.0	0:05.6	0:08.4	0:11.2	0:14.0	0:16.8	0:21.0	0:25.2	0:28.0	0:35.0	0:42.0	0:44.8
01:00.0	0:06.0	0:09.0	0:12.0	0:15.0	0:18.0	0:22.5	0:27.0	0:30.0	0:37.5	0:45.0	0:48.0
01:04.0	0:06.4	0:09.6	0:12.8	0:16.0	0:19.2	0:24.0	0:28.8	0:32.0	0:40.0	0:48.0	0:51.2
01:08.0	0:06.8	0:10.2	0:13.6	0:17.0	0:20.4	0:25.5	0:30.6	0:34.0	0:42.5	0:51.0	0:54.4
01:12.0	0:07.2	0:10.8	0:14.4	0:18.0	0:21.6	0:27.0	0:32.4	0:36.0	0:45.0	0:54.0	0:57.6
01:16.0	0:07.6	0:11.4	0:15.2	0:19.0	0:22.8	0:28.5	0:34.2	0:38.0	0:47.5	0:57.0	1:00.8
01:20.0	0:08.0	0:12.0	0:16.0	0:20.0	0:24.0	0:30.0	0:36.0	0:40.0	0:50.0	1:00.0	1:04.0
01:24.0	0:08.4	0:12.6	0:16.8	0:21.0	0:25.2	0:31.5	0:37.8	0:42.0	0:52.5	1:03.0	1:07.2
01:28.0	0:08.8	0:13.2	0:17.6	0:22.0	0:26.4	0:33.0	0:39.6	0:44.0	0:55.0	1:06.0	1:10.4
01:32.0	0:09.2	0:13.8	0:18.4	0:23.0	0:27.6	0:34.5	0:41.4	0:46.0	0:57.5	1:09.0	1:13.6
01:36.0	0:09.6	0:14.4	0:19.2	0:24.0	0:28.8	0:36.0	0:43.2	0:48.0	1:00.0	1:12.0	1:16.8
01:40.0	0:10.0	0:15.0	0:20.0	0:25.0	0:30.0	0:37.5	0:45.0	0:50.0	1:02.5	1:15.0	1:20.0
01:44.0	0:10.4	0:15.6	0:20.8	0:26.0	0:31.2	0:39.0	0:46.8	0:52.0	1:05.0	1:18.0	1:23.2
01:48.0	0:10.8	0:16.2	0:21.6	0:27.0	0:32.4	0:40.5	0:48.6	0:54.0	1:07.5	1:21.0	1:26.4
01:52.0	0:11.2	0:16.8	0:22.4	0:28.0	0:33.6	0:42.0	0:50.4	0:56.0	1:10.0	1:24.0	1:29.6
01:56.0	0:11.6	0:17.4	0:23.2	0:29.0	0:34.8	0:43.5	0:52.2	0:58.0	1:12.5	1:27.0	1:32.8
02:00.0	0:12.0	0:18.0	0:24.0	0:30.0	0:36.0	0:45.0	0:54.0	1:00.0	1:15.0	1:30.0	1:36.0
02:04.0	0:12.4	0:18.6	0:24.8	0:31.0	0:37.2	0:46.5	0:55.8	1:02.0	1:17.5	1:33.0	1:39.2
02:08.0	0:12.8	0:19.2	0:25.6	0:32.0	0:38.4	0:48.0	0:57.6	1:04.0	1:20.0	1:36.0	1:42.4
02:12.0	0:13.2	0:19.8	0:26.4	0:33.0	0:39.6	0:49.5	0:59.4	1:06.0	1:22.5	1:39.0	1:45.6

EPS TRAINING PACE CHART

800m

Time	50m	80m	100m	200m	300m	400m	450m	500m	550	600m	650m
1:40.0	0:06.2	0:10.0	0:12.5	0:25.0	0:37.5	0:50.0	0:56.3	1:02.5	1:08.7	1:15.0	1:21.2
1:45.0	0:06.6	0:10.5	0:13.1	0:26.3	0:39.4	0:52.5	0:59.1	1:05.6	1:12.2	1:18.7	1:25.3
1:50.0	0:06.9	0:11.0	0:13.8	0:27.5	0:41.3	0:55.0	1:01.9	1:08.8	1:15.6	1:22.5	1:29.4
1:55.0	0:07.2	0:11.5	0:14.4	0:28.7	0:43.1	0:57.5	1:04.7	1:11.9	1:19.1	1:26.3	1:33.4
2:00.0	0:07.5	0:12.0	0:15.0	0:30.0	0:45.0	1:00.0	1:07.5	1:15.0	1:22.5	1:30.0	1:37.5
2:05.0	0:07.8	0:12.5	0:15.6	0:31.3	0:46.9	1:02.5	1:10.3	1:18.1	1:25.9	1:33.8	1:41.6
2:10.0	0:08.1	0:13.0	0:16.3	0:32.5	0:48.8	1:05.0	1:13.1	1:21.3	1:29.4	1:37.5	1:45.6
2:15.0	0:08.4	0:13.5	0:16.9	0:33.8	0:50.6	1:07.5	1:15.9	1:24.4	1:32.8	1:41.3	1:49.7
2:20.0	0:08.8	0:14.0	0:17.5	0:35.0	0:52.5	1:10.0	1:18.8	1:27.5	1:36.3	1:45.0	1:53.8
2:25.0	0:09.1	0:14.5	0:18.1	0:36.3	0:54.4	1:12.5	1:21.6	1:30.6	1:39.7	1:48.8	1:57.8
2:30.0	0:09.4	0:15.0	0:18.8	0:37.5	0:56.3	1:15.0	1:24.4	1:33.8	1:43.1	1:52.5	2:01.9
2:35.0	0:09.7	0:15.5	0:19.4	0:38.8	0:58.1	1:17.5	1:27.2	1:36.9	1:46.6	1:56.3	2:05.9
2:40.0	0:10.0	0:16.0	0:20.0	0:40.0	1:00.0	1:20.0	1:30.0	1:40.0	1:50.0	2:00.0	2:10.0
2:45.0	0:10.3	0:16.5	0:20.6	0:41.3	1:01.9	1:22.5	1:32.8	1:43.1	1:53.4	2:03.8	2:14.1
2:50.0	0:10.6	0:17.0	0:21.3	0:42.5	1:03.8	1:25.0	1:35.6	1:46.3	1:56.9	2:07.5	2:18.1
2:55.0	0:10.9	0:17.5	0:21.9	0:43.8	1:05.6	1:27.5	1:38.4	1:49.4	2:00.3	2:11.3	2:22.2
3:00.0	0:11.3	0:18.0	0:22.5	0:45.0	1:07.5	1:30.0	1:41.3	1:52.5	2:03.8	2:15.0	2:26.3
3:05.0	0:11.6	0:18.5	0:23.1	0:46.3	1:09.4	1:32.5	1:44.1	1:55.6	2:07.2	2:18.8	2:30.3
3:10.0	0:11.9	0:19.0	0:23.8	0:47.5	1:11.3	1:35.0	1:46.9	1:58.8	2:10.6	2:22.5	2:34.4
3:15.0	0:12.2	0:19.5	0:24.4	0:48.8	1:13.1	1:37.5	1:49.7	2:01.9	2:14.1	2:26.3	2:38.4
3:20.0	0:12.5	0:20.0	0:25.0	0:50.0	1:15.0	1:40.0	1:52.5	2:05.0	2:17.5	2:30.0	2:42.5
3:25.0	0:12.8	0:20.5	0:25.6	0:51.3	1:16.9	1:42.5	1:55.3	2:08.1	2:20.9	2:33.8	2:46.6
3:30.0	0:13.1	0:21.0	0:26.3	0:52.5	1:18.8	1:45.0	1:58.1	2:11.3	2:24.4	2:37.5	2:50.6
3:35.0	0:13.4	0:21.5	0:26.9	0:53.8	1:20.6	1:47.5	2:00.9	2:14.4	2:27.8	2:41.3	2:54.7
3:40.0	0:13.8	0:22.0	0:27.5	0:55.0	1:22.5	1:50.0	2:03.8	2:17.5	2:31.3	2:45.0	2:58.8
3:45.0	0:14.1	0:22.5	0:28.1	0:56.3	1:24.4	1:52.5	2:06.6	2:20.6	2:34.7	2:48.7	3:02.8
3:50.0	0:14.4	0:23.0	0:28.8	0:57.5	1:26.3	1:55.0	2:09.4	2:23.8	2:38.1	2:52.5	3:06.9
3:55.0	0:14.7	0:23.5	0:29.4	0:58.8	1:28.1	1:57.5	2:12.2	2:26.9	2:41.6	2:56.3	3:10.9
4:00.0	0:15.0	0:24.0	0:30.0	1:00.0	1:30.0	2:00.0	2:15.0	2:30.0	2:45.0	3:00.0	3:15.0
4:05.0	0:15.3	0:24.5	0:30.6	1:01.3	1:31.9	2:02.5	2:17.8	2:33.1	2:48.4	3:03.8	3:19.1
4:10.0	0:15.6	0:25.0	0:31.3	1:02.5	1:33.8	2:05.0	2:20.6	2:36.3	2:51.9	3:07.5	3:23.1
4:15.0	0:15.9	0:25.5	0:31.9	1:03.8	1:35.6	2:07.5	2:23.4	2:39.4	2:55.3	3:11.3	3:27.2
4:20.0	0:16.3	0:26.0	0:32.5	1:05.0	1:37.5	2:10.0	2:26.3	2:42.5	2:58.8	3:15.0	3:31.3
4:25.0	0:16.6	0:26.5	0:33.1	1:06.3	1:39.4	2:12.5	2:29.1	2:45.6	3:02.2	3:18.8	3:35.3
4:30.0	0:16.9	0:27.0	0:33.8	1:07.5	1:41.3	2:15.0	2:31.9	2:48.7	3:05.6	3:22.5	3:39.4
4:35.0	0:17.2	0:27.5	0:34.4	1:08.8	1:43.1	2:17.5	2:34.7	2:51.9	3:09.1	3:26.3	3:43.4
4:40.0	0:17.5	0:28.0	0:35.0	1:10.0	1:45.0	2:20.0	2:37.5	2:55.0	3:12.5	3:30.0	3:47.5
4:45.0	0:17.8	0:28.5	0:35.6	1:11.3	1:46.9	2:22.5	2:40.3	2:58.1	3:15.9	3:33.8	3:51.6
4:50.0	0:18.1	0:29.0	0:36.3	1:12.5	1:48.8	2:25.0	2:43.1	3:01.3	3:19.4	3:37.5	3:55.6

EPS TRAINING PACE CHART

1000m

Time	50m	80m	100m	120m	150m	200m	300m	400m	500m	750m	800m
2:10.0	0:06.5	0:10.4	0:13.0	0:15.6	0:19.5	0:26.0	0:39.0	0:52.0	1:05.0	1:37.5	1:44.0
2:15.0	0:06.8	0:10.8	0:13.5	0:16.2	0:20.3	0:27.0	0:40.5	0:54.0	1:07.5	1:41.3	1:48.0
2:20.0	0:07.0	0:11.2	0:14.0	0:16.8	0:21.0	0:28.0	0:42.0	0:56.0	1:10.0	1:45.0	1:52.0
2:25.0	0:07.3	0:11.6	0:14.5	0:17.4	0:21.8	0:29.0	0:43.5	0:58.0	1:12.5	1:48.8	1:56.0
2:30.0	0:07.5	0:12.0	0:15.0	0:18.0	0:22.5	0:30.0	0:45.0	1:00.0	1:15.0	1:52.5	2:00.0
2:35.0	0:07.8	0:12.4	0:15.5	0:18.6	0:23.2	0:31.0	0:46.5	1:02.0	1:17.5	1:56.3	2:04.0
2:40.0	0:08.0	0:12.8	0:16.0	0:19.2	0:24.0	0:32.0	0:48.0	1:04.0	1:20.0	2:00.0	2:08.0
2:45.0	0:08.3	0:13.2	0:16.5	0:19.8	0:24.8	0:33.0	0:49.5	1:06.0	1:22.5	2:03.8	2:12.0
2:50.0	0:08.5	0:13.6	0:17.0	0:20.4	0:25.5	0:34.0	0:51.0	1:08.0	1:25.0	2:07.5	2:16.0
2:55.0	0:08.8	0:14.0	0:17.5	0:21.0	0:26.3	0:35.0	0:52.5	1:10.0	1:27.5	2:11.3	2:20.0
3:00.0	0:09.0	0:14.4	0:18.0	0:21.6	0:27.0	0:36.0	0:54.0	1:12.0	1:30.0	2:15.0	2:24.0
3:05.0	0:09.3	0:14.8	0:18.5	0:22.2	0:27.8	0:37.0	0:55.5	1:14.0	1:32.5	2:18.8	2:28.0
3:10.0	0:09.5	0:15.2	0:19.0	0:22.8	0:28.5	0:38.0	0:57.0	1:16.0	1:35.0	2:22.5	2:32.0
3:15.0	0:09.8	0:15.6	0:19.5	0:23.4	0:29.3	0:39.0	0:58.5	1:18.0	1:37.5	2:26.3	2:36.0
3:20.0	0:10.0	0:16.0	0:20.0	0:24.0	0:30.0	0:40.0	1:00.0	1:20.0	1:40.0	2:30.0	2:40.0
3:25.0	0:10.3	0:16.4	0:20.5	0:24.6	0:30.8	0:41.0	1:01.5	1:22.0	1:42.5	2:33.8	2:44.0
3:30.0	0:10.5	0:16.8	0:21.0	0:25.2	0:31.5	0:42.0	1:03.0	1:24.0	1:45.0	2:37.5	2:48.0
3:35.0	0:10.8	0:17.2	0:21.5	0:25.8	0:32.3	0:43.0	1:04.5	1:26.0	1:47.5	2:41.3	2:52.0
3:40.0	0:11.0	0:17.6	0:22.0	0:26.4	0:33.0	0:44.0	1:06.0	1:28.0	1:50.0	2:45.0	2:56.0
3:45.0	0:11.3	0:18.0	0:22.5	0:27.0	0:33.8	0:45.0	1:07.5	1:30.0	1:52.5	2:48.7	3:00.0
3:50.0	0:11.5	0:18.4	0:23.0	0:27.6	0:34.5	0:46.0	1:09.0	1:32.0	1:55.0	2:52.5	3:04.0
3:55.0	0:11.8	0:18.8	0:23.5	0:28.2	0:35.3	0:47.0	1:10.5	1:34.0	1:57.5	2:56.3	3:08.0
4:00.0	0:12.0	0:19.2	0:24.0	0:28.8	0:36.0	0:48.0	1:12.0	1:36.0	2:00.0	3:00.0	3:12.0
4:05.0	0:12.3	0:19.6	0:24.5	0:29.4	0:36.8	0:49.0	1:13.5	1:38.0	2:02.5	3:03.8	3:16.0
4:10.0	0:12.5	0:20.0	0:25.0	0:30.0	0:37.5	0:50.0	1:15.0	1:40.0	2:05.0	3:07.5	3:20.0
4:15.0	0:12.8	0:20.4	0:25.5	0:30.6	0:38.3	0:51.0	1:16.5	1:42.0	2:07.5	3:11.3	3:24.0
4:20.0	0:13.0	0:20.8	0:26.0	0:31.2	0:39.0	0:52.0	1:18.0	1:44.0	2:10.0	3:15.0	3:28.0
4:25.0	0:13.3	0:21.2	0:26.5	0:31.8	0:39.8	0:53.0	1:19.5	1:46.0	2:12.5	3:18.8	3:32.0
4:30.0	0:13.5	0:21.6	0:27.0	0:32.4	0:40.5	0:54.0	1:21.0	1:48.0	2:15.0	3:22.5	3:36.0
4:35.0	0:13.8	0:22.0	0:27.5	0:33.0	0:41.3	0:55.0	1:22.5	1:50.0	2:17.5	3:26.3	3:40.0
4:40.0	0:14.0	0:22.4	0:28.0	0:33.6	0:42.0	0:56.0	1:24.0	1:52.0	2:20.0	3:30.0	3:44.0
4:45.0	0:14.3	0:22.8	0:28.5	0:34.2	0:42.8	0:57.0	1:25.5	1:54.0	2:22.5	3:33.8	3:48.0
4:50.0	0:14.5	0:23.2	0:29.0	0:34.8	0:43.5	0:58.0	1:27.0	1:56.0	2:25.0	3:37.5	3:52.0
4:55.0	0:14.8	0:23.6	0:29.5	0:35.4	0:44.3	0:59.0	1:28.5	1:58.0	2:27.5	3:41.3	3:56.0
5:00.0	0:15.0	0:24.0	0:30.0	0:36.0	0:45.0	1:00.0	1:30.0	2:00.0	2:30.0	3:45.0	4:00.0
5:05.0	0:15.3	0:24.4	0:30.5	0:36.6	0:45.8	1:01.0	1:31.5	2:02.0	2:32.5	3:48.8	4:04.0
5:10.0	0:15.5	0:24.8	0:31.0	0:37.2	0:46.5	1:02.0	1:33.0	2:04.0	2:35.0	3:52.5	4:08.0
5:15.0	0:15.8	0:25.2	0:31.5	0:37.8	0:47.3	1:03.0	1:34.5	2:06.0	2:37.5	3:56.2	4:12.0
5:20.0	0:16.0	0:25.6	0:32.0	0:38.4	0:48.0	1:04.0	1:36.0	2:08.0	2:40.0	4:00.0	4:16.0

EPS TRAINING PACE CHART

1500m

Time	100m	200m	300m	400m	500m	600m	800m	1000m	1200m	1320m	~1 Mile
3:25.0	0:13.7	0:27.3	0:41.0	0:54.7	1:08.3	1:22.0	1:49.3	2:16.7	2:44.0	3:00.4	3:42.0
3:32.5	0:14.2	0:28.3	0:42.5	0:56.7	1:10.8	1:25.0	1:53.3	2:21.7	2:50.0	3:07.0	3:50.1
3:40.0	0:14.7	0:29.3	0:44.0	0:58.7	1:13.3	1:28.0	1:57.3	2:26.7	2:56.0	3:13.6	3:58.2
3:47.5	0:15.2	0:30.3	0:45.5	1:00.7	1:15.8	1:31.0	2:01.3	2:31.7	3:02.0	3:20.2	4:06.4
3:55.0	0:15.7	0:31.3	0:47.0	1:02.7	1:18.3	1:34.0	2:05.3	2:36.7	3:08.0	3:26.8	4:14.5
4:02.5	0:16.2	0:32.3	0:48.5	1:04.7	1:20.8	1:37.0	2:09.3	2:41.7	3:14.0	3:33.4	4:22.6
4:10.0	0:16.7	0:33.3	0:50.0	1:06.7	1:23.3	1:40.0	2:13.3	2:46.7	3:20.0	3:40.0	4:30.7
4:17.5	0:17.2	0:34.3	0:51.5	1:08.7	1:25.8	1:43.0	2:17.3	2:51.7	3:26.0	3:46.6	4:38.9
4:25.0	0:17.7	0:35.3	0:53.0	1:10.7	1:28.3	1:46.0	2:21.3	2:56.7	3:32.0	3:53.2	4:47.0
4:32.5	0:18.2	0:36.3	0:54.5	1:12.7	1:30.8	1:49.0	2:25.3	3:01.7	3:38.0	3:59.8	4:55.1
4:40.0	0:18.7	0:37.3	0:56.0	1:14.7	1:33.3	1:52.0	2:29.3	3:06.7	3:44.0	4:06.4	5:03.2
4:47.5	0:19.2	0:38.3	0:57.5	1:16.7	1:35.8	1:55.0	2:33.3	3:11.7	3:50.0	4:13.0	5:11.3
4:55.0	0:19.7	0:39.3	0:59.0	1:18.7	1:38.3	1:58.0	2:37.3	3:16.7	3:56.0	4:19.6	5:19.5
5:02.5	0:20.2	0:40.3	1:00.5	1:20.7	1:40.8	2:01.0	2:41.3	3:21.7	4:02.0	4:26.2	5:27.6
5:10.0	0:20.7	0:41.3	1:02.0	1:22.7	1:43.3	2:04.0	2:45.3	3:26.7	4:08.0	4:32.8	5:35.7
5:17.5	0:21.2	0:42.3	1:03.5	1:24.7	1:45.8	2:07.0	2:49.3	3:31.7	4:14.0	4:39.4	5:43.8
5:25.0	0:21.7	0:43.3	1:05.0	1:26.7	1:48.3	2:10.0	2:53.3	3:36.7	4:20.0	4:46.0	5:52.0
5:32.5	0:22.2	0:44.3	1:06.5	1:28.7	1:50.8	2:13.0	2:57.3	3:41.7	4:26.0	4:52.6	6:00.1
5:40.0	0:22.7	0:45.3	1:08.0	1:30.7	1:53.3	2:16.0	3:01.3	3:46.7	4:32.0	4:59.2	6:08.2
5:47.5	0:23.2	0:46.3	1:09.5	1:32.7	1:55.8	2:19.0	3:05.3	3:51.7	4:38.0	5:05.8	6:16.3
5:55.0	0:23.7	0:47.3	1:11.0	1:34.7	1:58.3	2:22.0	3:09.3	3:56.7	4:44.0	5:12.4	6:24.4
6:02.5	0:24.2	0:48.3	1:12.5	1:36.7	2:00.8	2:25.0	3:13.3	4:01.7	4:50.0	5:19.0	6:32.6
6:10.0	0:24.7	0:49.3	1:14.0	1:38.7	2:03.3	2:28.0	3:17.3	4:06.7	4:56.0	5:25.6	6:40.7
6:17.5	0:25.2	0:50.3	1:15.5	1:40.7	2:05.8	2:31.0	3:21.3	4:11.7	5:02.0	5:32.2	6:48.8
6:25.0	0:25.7	0:51.3	1:17.0	1:42.7	2:08.3	2:34.0	3:25.3	4:16.7	5:08.0	5:38.8	6:56.9
6:32.5	0:26.2	0:52.3	1:18.5	1:44.7	2:10.8	2:37.0	3:29.3	4:21.7	5:14.0	5:45.4	7:05.1
6:40.0	0:26.7	0:53.3	1:20.0	1:46.7	2:13.3	2:40.0	3:33.3	4:26.7	5:20.0	5:52.0	7:13.2
6:47.5	0:27.2	0:54.3	1:21.5	1:48.7	2:15.8	2:43.0	3:37.3	4:31.7	5:26.0	5:58.6	7:21.3
6:55.0	0:27.7	0:55.3	1:23.0	1:50.7	2:18.3	2:46.0	3:41.3	4:36.7	5:32.0	6:05.2	7:29.4
7:02.5	0:28.2	0:56.3	1:24.5	1:52.7	2:20.8	2:49.0	3:45.3	4:41.7	5:38.0	6:11.8	7:37.5
7:10.0	0:28.7	0:57.3	1:26.0	1:54.7	2:23.3	2:52.0	3:49.3	4:46.7	5:44.0	6:18.4	7:45.7
7:17.5	0:29.2	0:58.3	1:27.5	1:56.7	2:25.8	2:55.0	3:53.3	4:51.7	5:50.0	6:25.0	7:53.8
7:25.0	0:29.7	0:59.3	1:29.0	1:58.7	2:28.3	2:58.0	3:57.3	4:56.7	5:56.0	6:31.6	8:01.9
7:32.5	0:30.2	1:00.3	1:30.5	2:00.7	2:30.8	3:01.0	4:01.3	5:01.7	6:02.0	6:38.2	8:10.0
7:40.0	0:30.7	1:01.3	1:32.0	2:02.7	2:33.3	3:04.0	4:05.3	5:06.7	6:08.0	6:44.8	8:18.2
7:47.5	0:31.2	1:02.3	1:33.5	2:04.7	2:35.8	3:07.0	4:09.3	5:11.7	6:14.0	6:51.4	8:26.3
7:55.0	0:31.7	1:03.3	1:35.0	2:06.7	2:38.3	3:10.0	4:13.3	5:16.7	6:20.0	6:58.0	8:34.4
8:02.5	0:32.2	1:04.3	1:36.5	2:08.7	2:40.8	3:13.0	4:17.3	5:21.7	6:26.0	7:04.6	8:42.5
8:10.0	0:32.7	1:05.3	1:38.0	2:10.7	2:43.3	3:16.0	4:21.3	5:26.7	6:32.0	7:11.2	8:50.6
8:17.5	0:33.2	1:06.3	1:39.5	2:12.7	2:45.8	3:19.0	4:25.3	5:31.7	6:38.0	7:17.8	8:58.8
8:25.0	0:33.7	1:07.3	1:41.0	2:14.7	2:48.3	3:22.0	4:29.3	5:36.7	6:44.0	7:24.4	9:06.9

EPS TRAINING PACE CHART

3000m

Time	300m	400m	500m	750m	800m	1000m	1200m	1500m	1600m	2000m	~2 Mile
7:20.0	0:44.0	0:58.7	1:13.3	1:50.0	1:57.3	2:26.7	2:56.0	3:40.0	3:54.7	4:53.3	7:58.3
7:35.0	0:45.5	1:00.7	1:15.8	1:53.8	2:01.3	2:31.7	3:02.0	3:47.5	4:02.7	5:03.3	8:14.6
7:50.0	0:47.0	1:02.7	1:18.3	1:57.5	2:05.3	2:36.7	3:08.0	3:55.0	4:10.7	5:13.3	8:30.9
8:05.0	0:48.5	1:04.7	1:20.8	2:01.3	2:09.3	2:41.7	3:14.0	4:02.5	4:18.7	5:23.3	8:47.2
8:20.0	0:50.0	1:06.7	1:23.3	2:05.0	2:13.3	2:46.7	3:20.0	4:10.0	4:26.7	5:33.3	9:03.5
8:35.0	0:51.5	1:08.7	1:25.8	2:08.8	2:17.3	2:51.7	3:26.0	4:17.5	4:34.7	5:43.3	9:19.8
8:50.0	0:53.0	1:10.7	1:28.3	2:12.5	2:21.3	2:56.7	3:32.0	4:25.0	4:42.7	5:53.3	9:36.1
9:05.0	0:54.5	1:12.7	1:30.8	2:16.3	2:25.3	3:01.7	3:38.0	4:32.5	4:50.7	6:03.3	9:52.4
9:20.0	0:56.0	1:14.7	1:33.3	2:20.0	2:29.3	3:06.7	3:44.0	4:40.0	4:58.7	6:13.3	10:08.7
9:35.0	0:57.5	1:16.7	1:35.8	2:23.8	2:33.3	3:11.7	3:50.0	4:47.5	5:06.7	6:23.3	10:25.0
9:50.0	0:59.0	1:18.7	1:38.3	2:27.5	2:37.3	3:16.7	3:56.0	4:55.0	5:14.7	6:33.3	10:41.3
10:05.0	1:00.5	1:20.7	1:40.8	2:31.3	2:41.3	3:21.7	4:02.0	5:02.5	5:22.7	6:43.3	10:57.6
10:20.0	1:02.0	1:22.7	1:43.3	2:35.0	2:45.3	3:26.7	4:08.0	5:10.0	5:30.7	6:53.3	11:13.9
10:35.0	1:03.5	1:24.7	1:45.8	2:38.8	2:49.3	3:31.7	4:14.0	5:17.5	5:38.7	7:03.3	11:30.2
10:50.0	1:05.0	1:26.7	1:48.3	2:42.5	2:53.3	3:36.7	4:20.0	5:25.0	5:46.7	7:13.3	11:46.5
11:05.0	1:06.5	1:28.7	1:50.8	2:46.3	2:57.3	3:41.7	4:26.0	5:32.5	5:54.7	7:23.3	12:02.8
11:20.0	1:08.0	1:30.7	1:53.3	2:50.0	3:01.3	3:46.7	4:32.0	5:40.0	6:02.7	7:33.3	12:19.1
11:35.0	1:09.5	1:32.7	1:55.8	2:53.8	3:05.3	3:51.7	4:38.0	5:47.5	6:10.7	7:43.3	12:35.4
11:50.0	1:11.0	1:34.7	1:58.3	2:57.5	3:09.3	3:56.7	4:44.0	5:55.0	6:18.7	7:53.3	12:51.7
12:05.0	1:12.5	1:36.7	2:00.8	3:01.3	3:13.3	4:01.7	4:50.0	6:02.5	6:26.7	8:03.3	13:08.0
12:20.0	1:14.0	1:38.7	2:03.3	3:05.0	3:17.3	4:06.7	4:56.0	6:10.0	6:34.7	8:13.3	13:24.3
12:35.0	1:15.5	1:40.7	2:05.8	3:08.7	3:21.3	4:11.7	5:02.0	6:17.5	6:42.7	8:23.3	13:40.7
12:50.0	1:17.0	1:42.7	2:08.3	3:12.5	3:25.3	4:16.7	5:08.0	6:25.0	6:50.7	8:33.3	13:57.0
13:05.0	1:18.5	1:44.7	2:10.8	3:16.2	3:29.3	4:21.7	5:14.0	6:32.5	6:58.7	8:43.3	14:13.3
13:20.0	1:20.0	1:46.7	2:13.3	3:20.0	3:33.3	4:26.7	5:20.0	6:40.0	7:06.7	8:53.3	14:29.6
13:35.0	1:21.5	1:48.7	2:15.8	3:23.7	3:37.3	4:31.7	5:26.0	6:47.5	7:14.7	9:03.3	14:45.9
13:50.0	1:23.0	1:50.7	2:18.3	3:27.5	3:41.3	4:36.7	5:32.0	6:55.0	7:22.7	9:13.3	15:02.2
14:05.0	1:24.5	1:52.7	2:20.8	3:31.2	3:45.3	4:41.7	5:38.0	7:02.5	7:30.7	9:23.3	15:18.5
14:20.0	1:26.0	1:54.7	2:23.3	3:35.0	3:49.3	4:46.7	5:44.0	7:10.0	7:38.7	9:33.3	15:34.8
14:35.0	1:27.5	1:56.7	2:25.8	3:38.7	3:53.3	4:51.7	5:50.0	7:17.5	7:46.7	9:43.3	15:51.1
14:50.0	1:29.0	1:58.7	2:28.3	3:42.5	3:57.3	4:56.7	5:56.0	7:25.0	7:54.7	9:53.3	16:07.4
15:05.0	1:30.5	2:00.7	2:30.8	3:46.2	4:01.3	5:01.7	6:02.0	7:32.5	8:02.7	10:03.3	16:23.7
15:20.0	1:32.0	2:02.7	2:33.3	3:50.0	4:05.3	5:06.7	6:08.0	7:40.0	8:10.7	10:13.3	16:40.0
15:35.0	1:33.5	2:04.7	2:35.8	3:53.7	4:09.3	5:11.7	6:14.0	7:47.5	8:18.7	10:23.3	16:56.3
15:50.0	1:35.0	2:06.7	2:38.3	3:57.5	4:13.3	5:16.7	6:20.0	7:55.0	8:26.7	10:33.3	17:12.6
16:05.0	1:36.5	2:08.7	2:40.8	4:01.2	4:17.3	5:21.7	6:26.0	8:02.5	8:34.7	10:43.3	17:28.9
16:20.0	1:38.0	2:10.7	2:43.3	4:05.0	4:21.3	5:26.7	6:32.0	8:10.0	8:42.7	10:53.3	17:45.2
16:35.0	1:39.5	2:12.7	2:45.8	4:08.7	4:25.3	5:31.7	6:38.0	8:17.5	8:50.7	11:03.3	18:01.5
16:50.0	1:41.0	2:14.7	2:48.3	4:12.5	4:29.3	5:36.7	6:44.0	8:25.0	8:58.7	11:13.3	18:17.8
17:05.0	1:42.5	2:16.7	2:50.8	4:16.2	4:33.3	5:41.7	6:50.0	8:32.5	9:06.7	11:23.3	18:34.1
17:20.0	1:44.0	2:18.7	2:53.3	4:20.0	4:37.3	5:46.7	6:56.0	8:40.0	9:14.7	11:33.3	18:50.4
17:35.0	1:45.5	2:20.7	2:55.8	4:23.7	4:41.3	5:51.7	7:02.0	8:47.5	9:22.7	11:43.3	19:06.7
17:50.0	1:47.0	2:22.7	2:58.3	4:27.5	4:45.3	5:56.7	7:08.0	8:55.0	9:30.7	11:53.3	19:23.0
18:05.0	1:48.5	2:24.7	3:00.8	4:31.2	4:49.3	6:01.7	7:14.0	9:02.5	9:38.7	12:03.3	19:39.3
18:20.0	1:50.0	2:26.7	3:03.3	4:35.0	4:53.3	6:06.7	7:20.0	9:10.0	9:46.7	12:13.3	19:55.7
18:35.0	1:51.5	2:28.7	3:05.8	4:38.7	4:57.3	6:11.7	7:26.0	9:17.5	9:54.7	12:23.3	20:12.0
18:50.0	1:53.0	2:30.7	3:08.3	4:42.5	5:01.3	6:16.7	7:32.0	9:25.0	10:02.7	12:33.3	20:28.3
19:05.0	1:54.5	2:32.7	3:10.8	4:46.2	5:05.3	6:21.7	7:38.0	9:32.5	10:10.7	12:43.3	20:44.6

EPS TRAINING PACE CHART

5000m

Time	100m	400m	500m	800m	1000m	1200m	1500m	1600m	2000m	3000m	~3 Mile
12:30.0	0:15.0	1:00.0	1:15.0	2:00.0	2:30.0	3:00.0	3:45.0	4:00.0	5:00.0	7:30.0	12:03.7
13:00.0	0:15.6	1:02.4	1:18.0	2:04.8	2:36.0	3:07.2	3:54.0	4:09.6	5:12.0	7:48.0	12:32.7
13:30.0	0:16.2	1:04.8	1:21.0	2:09.6	2:42.0	3:14.4	4:03.0	4:19.2	5:24.0	8:06.0	13:01.7
14:00.0	0:16.8	1:07.2	1:24.0	2:14.4	2:48.0	3:21.6	4:12.0	4:28.8	5:36.0	8:24.0	13:30.6
14:30.0	0:17.4	1:09.6	1:27.0	2:19.2	2:54.0	3:28.8	4:21.0	4:38.4	5:48.0	8:42.0	13:59.6
15:00.0	0:18.0	1:12.0	1:30.0	2:24.0	3:00.0	3:36.0	4:30.0	4:48.0	6:00.0	9:00.0	14:28.5
15:30.0	0:18.6	1:14.4	1:33.0	2:28.8	3:06.0	3:43.2	4:39.0	4:57.6	6:12.0	9:18.0	14:57.5
16:00.0	0:19.2	1:16.8	1:36.0	2:33.6	3:12.0	3:50.4	4:48.0	5:07.2	6:24.0	9:36.0	15:26.4
16:30.0	0:19.8	1:19.2	1:39.0	2:38.4	3:18.0	3:57.6	4:57.0	5:16.8	6:36.0	9:54.0	15:55.4
17:00.0	0:20.4	1:21.6	1:42.0	2:43.2	3:24.0	4:04.8	5:06.0	5:26.4	6:48.0	10:12.0	16:24.3
17:30.0	0:21.0	1:24.0	1:45.0	2:48.0	3:30.0	4:12.0	5:15.0	5:36.0	7:00.0	10:30.0	16:53.3
18:00.0	0:21.6	1:26.4	1:48.0	2:52.8	3:36.0	4:19.2	5:24.0	5:45.6	7:12.0	10:48.0	17:22.2
18:30.0	0:22.2	1:28.8	1:51.0	2:57.6	3:42.0	4:26.4	5:33.0	5:55.2	7:24.0	11:06.0	17:51.2
19:00.0	0:22.8	1:31.2	1:54.0	3:02.4	3:48.0	4:33.6	5:42.0	6:04.8	7:36.0	11:24.0	18:20.1
19:30.0	0:23.4	1:33.6	1:57.0	3:07.2	3:54.0	4:40.8	5:51.0	6:14.4	7:48.0	11:42.0	18:49.1
20:00.0	0:24.0	1:36.0	2:00.0	3:12.0	4:00.0	4:48.0	6:00.0	6:24.0	8:00.0	12:00.0	19:18.0
20:30.0	0:24.6	1:38.4	2:03.0	3:16.8	4:06.0	4:55.2	6:09.0	6:33.6	8:12.0	12:18.0	19:47.0
21:00.0	0:25.2	1:40.8	2:06.0	3:21.6	4:12.0	5:02.4	6:18.0	6:43.2	8:24.0	12:36.0	20:15.9
21:30.0	0:25.8	1:43.2	2:09.0	3:26.4	4:18.0	5:09.6	6:27.0	6:52.8	8:36.0	12:54.0	20:44.9
22:00.0	0:26.4	1:45.6	2:12.0	3:31.2	4:24.0	5:16.8	6:36.0	7:02.4	8:48.0	13:12.0	21:13.8
22:30.0	0:27.0	1:48.0	2:15.0	3:36.0	4:30.0	5:24.0	6:45.0	7:12.0	9:00.0	13:30.0	21:42.7
23:00.0	0:27.6	1:50.4	2:18.0	3:40.8	4:36.0	5:31.2	6:54.0	7:21.6	9:12.0	13:48.0	22:11.7
23:30.0	0:28.2	1:52.8	2:21.0	3:45.6	4:42.0	5:38.4	7:03.0	7:31.2	9:24.0	14:06.0	22:40.7
24:00.0	0:28.8	1:55.2	2:24.0	3:50.4	4:48.0	5:45.6	7:12.0	7:40.8	9:36.0	14:24.0	23:09.6
24:30.0	0:29.4	1:57.6	2:27.0	3:55.2	4:54.0	5:52.8	7:21.0	7:50.4	9:48.0	14:42.0	23:38.6
25:00.0	0:30.0	2:00.0	2:30.0	4:00.0	5:00.0	6:00.0	7:30.0	8:00.0	10:00.0	15:00.0	24:07.5
25:30.0	0:30.6	2:02.4	2:33.0	4:04.8	5:06.0	6:07.2	7:39.0	8:09.6	10:12.0	15:18.0	24:36.5
26:00.0	0:31.2	2:04.8	2:36.0	4:09.6	5:12.0	6:14.4	7:48.0	8:19.2	10:24.0	15:36.0	25:05.4
26:30.0	0:31.8	2:07.2	2:39.0	4:14.4	5:18.0	6:21.6	7:57.0	8:28.8	10:36.0	15:54.0	25:34.4
27:00.0	0:32.4	2:09.6	2:42.0	4:19.2	5:24.0	6:28.8	8:06.0	8:38.4	10:48.0	16:12.0	26:03.3
27:30.0	0:33.0	2:12.0	2:45.0	4:24.0	5:30.0	6:36.0	8:15.0	8:48.0	11:00.0	16:30.0	26:32.2
28:00.0	0:33.6	2:14.4	2:48.0	4:28.8	5:36.0	6:43.2	8:24.0	8:57.6	11:12.0	16:48.0	27:01.2
28:30.0	0:34.2	2:16.8	2:51.0	4:33.6	5:42.0	6:50.4	8:33.0	9:07.2	11:24.0	17:06.0	27:30.1
29:00.0	0:34.8	2:19.2	2:54.0	4:38.4	5:48.0	6:57.6	8:42.0	9:16.8	11:36.0	17:24.0	27:59.1
29:30.0	0:35.4	2:21.6	2:57.0	4:43.2	5:54.0	7:04.8	8:51.0	9:26.4	11:48.0	17:42.0	28:28.0
30:00.0	0:36.0	2:24.0	3:00.0	4:48.0	6:00.0	7:12.0	9:00.0	9:36.0	12:00.0	18:00.0	28:57.0
30:30.0	0:36.6	2:26.4	3:03.0	4:52.8	6:06.0	7:19.2	9:09.0	9:45.6	12:12.0	18:18.0	29:25.9
31:00.0	0:37.2	2:28.8	3:06.0	4:57.6	6:12.0	7:26.4	9:18.0	9:55.2	12:24.0	18:36.0	29:54.9
31:30.0	0:37.8	2:31.2	3:09.0	5:02.4	6:18.0	7:33.6	9:27.0	10:04.8	12:36.0	18:54.0	30:23.8
32:00.0	0:38.4	2:33.6	3:12.0	5:07.2	6:24.0	7:40.8	9:36.0	10:14.4	12:48.0	19:12.0	30:52.8
32:30.0	0:39.0	2:36.0	3:15.0	5:12.0	6:30.0	7:48.0	9:45.0	10:24.0	13:00.0	19:30.0	31:21.7
33:00.0	0:39.6	2:38.4	3:18.0	5:16.8	6:36.0	7:55.2	9:54.0	10:33.6	13:12.0	19:48.0	31:50.7
33:30.0	0:40.2	2:40.8	3:21.0	5:21.6	6:42.0	8:02.4	10:03.0	10:43.2	13:24.0	20:06.0	32:19.6
34:00.0	0:40.8	2:43.2	3:24.0	5:26.4	6:48.0	8:09.6	10:12.0	10:52.8	13:36.0	20:24.0	32:48.6
34:30.0	0:41.4	2:45.6	3:27.0	5:31.2	6:54.0	8:16.8	10:21.0	11:02.4	13:48.0	20:42.0	33:17.5
35:00.0	0:42.0	2:48.0	3:30.0	5:36.0	7:00.0	8:24.0	10:30.0	11:12.0	14:00.0	21:00.0	33:46.5
35:30.0	0:42.6	2:50.4	3:33.0	5:40.8	7:06.0	8:31.2	10:39.0	11:21.6	14:12.0	21:18.0	34:15.4
36:00.0	0:43.2	2:52.8	3:36.0	5:45.6	7:12.0	8:38.4	10:48.0	11:31.2	14:24.0	21:36.0	34:44.4
36:30.0	0:43.8	2:55.2	3:39.0	5:50.4	7:18.0	8:45.6	10:57.0	11:40.8	14:36.0	21:54.0	35:13.3
37:00.0	0:44.4	2:57.6	3:42.0	5:55.2	7:24.0	8:52.8	11:06.0	11:50.4	14:48.0	22:12.0	35:42.3
37:30.0	0:45.0	3:00.0	3:45.0	6:00.0	7:30.0	9:00.0	11:15.0	12:00.0	15:00.0	22:30.0	36:11.2

EPS TRAINING PACE CHART

10,000m

Time	100m	400m	500m	750m	800m	1000m	1200m	1500m	1600m	2000m
26:00	0:31.2	1:02.4	1:18.0	2:36.0	3:07.2	3:54.0	4:09.6	5:12.0	7:48.0	10:24.0
27:00	0:32.4	1:04.8	1:21.0	2:42.0	3:14.4	4:03.0	4:19.2	5:24.0	8:06.0	10:48.0
28:00	0:33.6	1:07.2	1:24.0	2:48.0	3:21.6	4:12.0	4:28.8	5:36.0	8:24.0	11:12.0
29:00	0:34.8	1:09.6	1:27.0	2:54.0	3:28.8	4:21.0	4:38.4	5:48.0	8:42.0	11:36.0
30:00	0:36.0	1:12.0	1:30.0	3:00.0	3:36.0	4:30.0	4:48.0	6:00.0	9:00.0	12:00.0
31:00	0:37.2	1:14.4	1:33.0	3:06.0	3:43.2	4:39.0	4:57.6	6:12.0	9:18.0	12:24.0
32:00	0:38.4	1:16.8	1:36.0	3:12.0	3:50.4	4:48.0	5:07.2	6:24.0	9:36.0	12:48.0
33:00	0:39.6	1:19.2	1:39.0	3:18.0	3:57.6	4:57.0	5:16.8	6:36.0	9:54.0	13:12.0
34:00	0:40.8	1:21.6	1:42.0	3:24.0	4:04.8	5:06.0	5:26.4	6:48.0	10:12.0	13:36.0
35:00	0:42.0	1:24.0	1:45.0	3:30.0	4:12.0	5:15.0	5:36.0	7:00.0	10:30.0	14:00.0
36:00	0:43.2	1:26.4	1:48.0	3:36.0	4:19.2	5:24.0	5:45.6	7:12.0	10:48.0	14:24.0
37:00	0:44.4	1:28.8	1:51.0	3:42.0	4:26.4	5:33.0	5:55.2	7:24.0	11:06.0	14:48.0
38:00	0:45.6	1:31.2	1:54.0	3:48.0	4:33.6	5:42.0	6:04.8	7:36.0	11:24.0	15:12.0
39:00	0:46.8	1:33.6	1:57.0	3:54.0	4:40.8	5:51.0	6:14.4	7:48.0	11:42.0	15:36.0
40:00	0:48.0	1:36.0	2:00.0	4:00.0	4:48.0	6:00.0	6:24.0	8:00.0	12:00.0	16:00.0
41:00	0:49.2	1:38.4	2:03.0	4:06.0	4:55.2	6:09.0	6:33.6	8:12.0	12:18.0	16:24.0
42:00	0:50.4	1:40.8	2:06.0	4:12.0	5:02.4	6:18.0	6:43.2	8:24.0	12:36.0	16:48.0
43:00	0:51.6	1:43.2	2:09.0	4:18.0	5:09.6	6:27.0	6:52.8	8:36.0	12:54.0	17:12.0
44:00	0:52.8	1:45.6	2:12.0	4:24.0	5:16.8	6:36.0	7:02.4	8:48.0	13:12.0	17:36.0
45:00	0:54.0	1:48.0	2:15.0	4:30.0	5:24.0	6:45.0	7:12.0	9:00.0	13:30.0	18:00.0
46:00	0:55.2	1:50.4	2:18.0	4:36.0	5:31.2	6:54.0	7:21.6	9:12.0	13:48.0	18:24.0
47:00	0:56.4	1:52.8	2:21.0	4:42.0	5:38.4	7:03.0	7:31.2	9:24.0	14:06.0	18:48.0
48:00	0:57.6	1:55.2	2:24.0	4:48.0	5:45.6	7:12.0	7:40.8	9:36.0	14:24.0	19:12.0
49:00	0:58.8	1:57.6	2:27.0	4:54.0	5:52.8	7:21.0	7:50.4	9:48.0	14:42.0	19:36.0
50:00	1:00.0	2:00.0	2:30.0	5:00.0	6:00.0	7:30.0	8:00.0	10:00.0	15:00.0	20:00.0
51:00	1:01.2	2:02.4	2:33.0	5:06.0	6:07.2	7:39.0	8:09.6	10:12.0	15:18.0	20:24.0
52:00	1:02.4	2:04.8	2:36.0	5:12.0	6:14.4	7:48.0	8:19.2	10:24.0	15:36.0	20:48.0
53:00	1:03.6	2:07.2	2:39.0	5:18.0	6:21.6	7:57.0	8:28.8	10:36.0	15:54.0	21:12.0
54:00	1:04.8	2:09.6	2:42.0	5:24.0	6:28.8	8:06.0	8:38.4	10:48.0	16:12.0	21:36.0
55:00	1:06.0	2:12.0	2:45.0	5:30.0	6:36.0	8:15.0	8:48.0	11:00.0	16:30.0	22:00.0
56:00	1:07.2	2:14.4	2:48.0	5:36.0	6:43.2	8:24.0	8:57.6	11:12.0	16:48.0	22:24.0
57:00	1:08.4	2:16.8	2:51.0	5:42.0	6:50.4	8:33.0	9:07.2	11:24.0	17:06.0	22:48.0
58:00	1:09.6	2:19.2	2:54.0	5:48.0	6:57.6	8:42.0	9:16.8	11:36.0	17:24.0	23:12.0
59:00	1:10.8	2:21.6	2:57.0	5:54.0	7:04.8	8:51.0	9:26.4	11:48.0	17:42.0	23:36.0
1:00:00	1:12.0	2:24.0	3:00.0	6:00.0	7:12.0	9:00.0	9:36.0	12:00.0	18:00.0	24:00.0
1:01:00	1:13.2	2:26.4	3:03.0	6:06.0	7:19.2	9:09.0	9:45.6	12:12.0	18:18.0	24:24.0
1:02:00	1:14.4	2:28.8	3:06.0	6:12.0	7:26.4	9:18.0	9:55.2	12:24.0	18:36.0	24:48.0
1:03:00	1:15.6	2:31.2	3:09.0	6:18.0	7:33.6	9:27.0	10:04.8	12:36.0	18:54.0	25:12.0
1:04:00	1:16.8	2:33.6	3:12.0	6:24.0	7:40.8	9:36.0	10:14.4	12:48.0	19:12.0	25:36.0
1:05:00	1:18.0	2:36.0	3:15.0	6:30.0	7:48.0	9:45.0	10:24.0	13:00.0	19:30.0	26:00.0
1:06:00	1:19.2	2:38.4	3:18.0	6:36.0	7:55.2	9:54.0	10:33.6	13:12.0	19:48.0	26:24.0
1:07:00	1:20.4	2:40.8	3:21.0	6:42.0	8:02.4	10:03.0	10:43.2	13:24.0	20:06.0	26:48.0
1:08:00	1:21.6	2:43.2	3:24.0	6:48.0	8:09.6	10:12.0	10:52.8	13:36.0	20:24.0	27:12.0
1:09:00	1:22.8	2:45.6	3:27.0	6:54.0	8:16.8	10:21.0	11:02.4	13:48.0	20:42.0	27:36.0
1:10:00	1:24.0	2:48.0	3:30.0	7:00.0	8:24.0	10:30.0	11:12.0	14:00.0	21:00.0	28:00.0
1:11:00	1:25.2	2:50.4	3:33.0	7:06.0	8:31.2	10:39.0	11:21.6	14:12.0	21:18.0	28:24.0
1:12:00	1:26.4	2:52.8	3:36.0	7:12.0	8:38.4	10:48.0	11:31.2	14:24.0	21:36.0	28:48.0
1:13:00	1:27.6	2:55.2	3:39.0	7:18.0	8:45.6	10:57.0	11:40.8	14:36.0	21:54.0	29:12.0
1:14:00	1:28.8	2:57.6	3:42.0	7:24.0	8:52.8	11:06.0	11:50.4	14:48.0	22:12.0	29:36.0
1:15:00	1:30.0	3:00.0	3:45.0	7:30.0	9:00.0	11:15.0	12:00.0	15:00.0	22:30.0	30:00.0
1:16:00	1:31.2	3:02.4	3:48.0	7:36.0	9:07.2	11:24.0	12:09.6	15:12.0	22:48.0	30:24.0
1:17:00	1:32.4	3:04.8	3:51.0	7:42.0	9:14.4	11:33.0	12:19.2	15:24.0	23:06.0	30:48.0
1:18:00	1:33.6	3:07.2	3:54.0	7:48.0	9:21.6	11:42.0	12:28.8	15:36.0	23:24.0	31:12.0
1:19:00	1:34.8	3:09.6	3:57.0	7:54.0	9:28.8	11:51.0	12:38.4	15:48.0	23:42.0	31:36.0

EPS TRAINING PACE CHART

15k

Time	min/ km	min/ mile
0:38:00	0:02:32	0:04:03
0:40:00	0:02:40	0:04:16
0:42:00	0:02:48	0:04:29
0:44:00	0:02:56	0:04:42
0:46:00	0:03:04	0:04:54
0:48:00	0:03:12	0:05:07
0:50:00	0:03:20	0:05:20
0:52:00	0:03:28	0:05:33
0:54:00	0:03:36	0:05:46
0:56:00	0:03:44	0:05:58
0:58:00	0:03:52	0:06:11
1:00:00	0:04:00	0:06:24
1:02:00	0:04:08	0:06:37
1:04:00	0:04:16	0:06:50
1:06:00	0:04:24	0:07:02
1:08:00	0:04:32	0:07:15
1:10:00	0:04:40	0:07:28
1:12:00	0:04:48	0:07:41
1:14:00	0:04:56	0:07:54
1:16:00	0:05:04	0:08:06
1:18:00	0:05:12	0:08:19
1:20:00	0:05:20	0:08:32
1:22:00	0:05:28	0:08:45
1:24:00	0:05:36	0:08:58
1:26:00	0:05:44	0:09:10
1:28:00	0:05:52	0:09:23
1:30:00	0:06:00	0:09:36
1:32:00	0:06:08	0:09:49
1:34:00	0:06:16	0:10:02
1:36:00	0:06:24	0:10:14
1:38:00	0:06:32	0:10:27
1:40:00	0:06:40	0:10:40
1:42:00	0:06:48	0:10:53
1:44:00	0:06:56	0:11:06
1:46:00	0:07:04	0:11:18
1:48:00	0:07:12	0:11:31
1:50:00	0:07:20	0:11:44
1:52:00	0:07:28	0:11:57
1:54:00	0:07:36	0:12:10
1:56:00	0:07:44	0:12:22
1:58:00	0:07:52	0:12:35
2:00:00	0:08:00	0:12:48
2:02:00	0:08:08	0:13:01
2:04:00	0:08:16	0:13:14
2:06:00	0:08:24	0:13:26
2:08:00	0:08:32	0:13:39
2:10:00	0:08:40	0:13:52
2:12:00	0:08:48	0:14:05
2:14:00	0:08:56	0:14:18

21,1k

Time	min/ km	min/ mile
0:58:30	0:02:46	0:04:26
1:01:00	0:02:53	0:04:38
1:03:30	0:03:01	0:04:49
1:06:00	0:03:08	0:05:00
1:08:30	0:03:15	0:05:12
1:11:00	0:03:22	0:05:23
1:13:30	0:03:29	0:05:34
1:16:00	0:03:36	0:05:46
1:18:30	0:03:43	0:05:57
1:21:00	0:03:50	0:06:09
1:23:30	0:03:57	0:06:20
1:26:00	0:04:05	0:06:31
1:28:30	0:04:12	0:06:43
1:31:00	0:04:19	0:06:54
1:33:30	0:04:26	0:07:05
1:36:00	0:04:33	0:07:17
1:38:30	0:04:40	0:07:28
1:41:00	0:04:47	0:07:40
1:43:30	0:04:54	0:07:51
1:46:00	0:05:01	0:08:02
1:48:30	0:05:09	0:08:14
1:51:00	0:05:16	0:08:25
1:53:30	0:05:23	0:08:36
1:56:00	0:05:30	0:08:48
1:58:30	0:05:37	0:08:59
2:01:00	0:05:44	0:09:11
2:03:30	0:05:51	0:09:22
2:06:00	0:05:58	0:09:33
2:08:30	0:06:05	0:09:45
2:11:00	0:06:13	0:09:56
2:13:30	0:06:20	0:10:07
2:16:00	0:06:27	0:10:19
2:18:30	0:06:34	0:10:30
2:21:00	0:06:41	0:10:42
2:23:30	0:06:48	0:10:53
2:26:00	0:06:55	0:11:04
2:28:30	0:07:02	0:11:16
2:31:00	0:07:09	0:11:27
2:33:30	0:07:16	0:11:38
2:36:00	0:07:24	0:11:50
2:38:30	0:07:31	0:12:01
2:41:00	0:07:38	0:12:13
2:43:30	0:07:45	0:12:24
2:46:00	0:07:52	0:12:35
2:48:30	0:07:59	0:12:47
2:51:00	0:08:06	0:12:58
2:53:30	0:08:13	0:13:09
2:56:00	0:08:20	0:13:21
2:58:30	0:08:28	0:13:32

Marathon

Time	min/ km	min/ mile
2:05:00	0:02:58	0:04:44
2:10:00	0:03:05	0:04:56
2:15:00	0:03:12	0:05:07
2:20:00	0:03:19	0:05:18
2:25:00	0:03:26	0:05:30
2:30:00	0:03:33	0:05:41
2:35:00	0:03:40	0:05:53
2:40:00	0:03:47	0:06:04
2:45:00	0:03:55	0:06:15
2:50:00	0:04:02	0:06:27
2:55:00	0:04:09	0:06:38
3:00:00	0:04:16	0:06:49
3:05:00	0:04:23	0:07:01
3:10:00	0:04:30	0:07:12
3:15:00	0:04:37	0:07:24
3:20:00	0:04:44	0:07:35
3:25:00	0:04:51	0:07:46
3:30:00	0:04:59	0:07:58
3:35:00	0:05:06	0:08:09
3:40:00	0:05:13	0:08:20
3:45:00	0:05:20	0:08:32
3:50:00	0:05:27	0:08:43
3:55:00	0:05:34	0:08:55
4:00:00	0:05:41	0:09:06
4:05:00	0:05:48	0:09:17
4:10:00	0:05:55	0:09:29
4:15:00	0:06:03	0:09:40
4:20:00	0:06:10	0:09:51
4:25:00	0:06:17	0:10:03
4:30:00	0:06:24	0:10:14
4:35:00	0:06:31	0:10:26
4:40:00	0:06:38	0:10:37
4:45:00	0:06:45	0:10:48
4:50:00	0:06:52	0:11:00
4:55:00	0:06:59	0:11:11
5:00:00	0:07:07	0:11:22
5:05:00	0:07:14	0:11:34
5:10:00	0:07:21	0:11:45
5:15:00	0:07:28	0:11:57
5:20:00	0:07:35	0:12:08
5:25:00	0:07:42	0:12:19
5:30:00	0:07:49	0:12:31
5:35:00	0:07:56	0:12:42
5:40:00	0:08:03	0:12:53
5:45:00	0:08:11	0:13:05
5:50:00	0:08:18	0:13:16
5:55:00	0:08:25	0:13:28
6:00:00	0:08:32	0:13:39
6:05:00	0:08:39	0:13:50