

1.5-MILE RUN INTERVAL PACE TABLE

1.5-MILE RUN (MM:SS)	800M run pace (MM:SS)	1.5-MILE RUN (MM:SS)	800M run pace (MM:SS)	1.5-MILE RUN (MM:SS)	800M run pace (MM:SS)
08:00 - 08:04	02:32 - 02:40	10:30 - 10:34	03:20 - 03:29	13:00 - 13:04	04:07 - 04:19
08:05 - 08:09	02:34 - 02:41	10:35 - 10:39	03:21 - 03:31	13:05 - 13:09	04:09 - 04:20
08:10 - 08:14	02:35 - 02:43	10:40 - 10:44	03:23 - 03:33	13:10 - 13:14	04:10 - 04:22
08:15 - 08:19	02:37 - 02:45	10:45 - 10:49	03:24 - 03:34	13:15 - 13:19	04:12 - 04:24
08:20 - 08:24	02:38 - 02:46	10:50 - 10:54	03:26 - 03:36	13:20 - 13:24	04:13 - 04:25
08:25 - 08:29	02:40 - 02:48	10:55 - 10:59	03:27 - 03:37	13:25 - 13:29	04:15 - 04:27
08:30 - 08:34	02:42 - 02:50	11:00 - 11:04	03:29 - 03:39	13:30 - 13:34	04:17 - 04:29
08:35 - 08:39	02:43 - 02:51	11:05 - 11:09	03:31 - 03:41	13:35 - 13:39	04:18 - 04:30
08:40 - 08:44	02:45 - 02:53	11:10 - 11:14	03:32 - 03:42	13:40 - 13:44	04:20 - 04:32
08:45 - 08:49	02:46 - 02:55	11:15 - 11:19	03:34 - 03:44	13:45 - 13:49	04:21 - 04:34
08:50 - 08:54	02:48 - 02:56	11:20 - 11:24	03:35 - 03:46	13:50 - 13:54	04:23 - 04:35
08:55 - 08:59	02:49 - 02:58	11:25 - 11:29	03:37 - 03:47	13:55 - 13:59	04:24 - 04:37
09:00 - 09:04	02:51 - 03:00	11:30 - 11:34	03:39 - 03:49	14:00 - 14:04	04:26 - 04:39
09:05 - 09:09	02:53 - 03:01	11:35 - 11:39	03:40 - 03:51	14:05 - 14:09	04:28 - 04:40
09:10 - 09:14	02:54 - 03:03	11:40 - 11:44	03:42 - 03:52	14:10 - 14:14	04:29 - 04:42
09:15 - 09:19	02:56 - 03:04	11:45 - 11:49	03:43 - 03:54	14:15 - 14:19	04:31 - 04:43
09:20 - 09:24	02:57 - 03:06	11:50 - 11:54	03:45 - 03:56	14:20 - 14:24	04:32 - 04:45
09:25 - 09:29	02:59 - 03:08	11:55 - 11:59	03:46 - 03:57	14:25 - 14:29	04:34 - 04:47
09:30 - 09:34	03:01 - 03:09	12:00 - 12:04	03:48 - 03:59	14:30 - 14:34	04:36 - 04:48
09:35 - 09:39	03:02 - 03:11	12:05 - 12:09	03:50 - 04:01	14:35 - 14:39	04:37 - 04:50
09:40 - 09:44	03:04 - 03:13	12:10 - 12:14	03:51 - 04:02	14:40 - 14:44	04:39 - 04:52
09:45 - 09:49	03:05 - 03:14	12:15 - 12:19	03:53 - 04:04	14:45 - 14:49	04:40 - 04:53
09:50 - 09:54	03:07 - 03:16	12:20 - 12:24	03:54 - 04:06	14:50 - 14:54	04:42 - 04:55
09:55 - 09:59	03:08 - 03:18	12:25 - 12:29	03:56 - 04:07	14:55 - 14:59	04:43 - 04:57
10:00 - 10:04	03:10 - 03:19	12:30 - 12:34	03:58 - 04:09	15:00 - 15:04	04:45 - 04:58
10:05 - 10:09	03:12 - 03:21	12:35 - 12:39	03:59 - 04:10	15:05 - 15:09	04:47 - 05:00
10:10 - 10:14	03:13 - 03:23	12:40 - 12:44	04:01 - 04:12	15:10 - 15:14	04:48 - 05:02
10:15 - 10:19	03:15 - 03:24	12:45 - 12:49	04:02 - 04:14	15:15 - 15:19	04:50 - 05:03
10:20 - 10:24	03:16 - 03:26	12:50 - 12:54	04:04 - 04:15	15:20 - 15:24	04:51 - 05:05
10:25 - 10:29	03:18 - 03:28	12:55 - 12:59	04:05 - 04:17	15:25 - 15:29	04:53 - 05:07