

**2-MILE RUN INTERVAL PACE TABLE**

<b>2-MILE RUN (MM:SS)</b>	<b>800M run pace (MM:SS)</b>	<b>1200M run pace (MM:SS)</b>	<b>1600M run pace (MM:SS)</b>	<b>Tempo Pace (pace per mile)</b>	<b>2-MILE RUN (MM:SS)</b>	<b>800M run pace (MM:SS)</b>	<b>1200M run pace (MM:SS)</b>	<b>1600M run pace (MM:SS)</b>	<b>Tempo Pace (pace per mile)</b>
<b>09:00 - 09:04</b>	02:02 - 02:09	03:06 - 03:16	04:17 - 04:29	04:57 - 05:13	<b>11:35 - 11:39</b>	02:36 - 02:46	04:00 - 04:12	05:30 - 05:46	06:22 - 06:42
<b>09:05 - 09:09</b>	02:03 - 02:10	03:08 - 03:18	04:19 - 04:32	05:00 - 05:16	<b>11:45 - 11:49</b>	02:39 - 02:48	04:03 - 04:15	05:35 - 05:51	06:28 - 06:48
<b>09:10 - 09:14</b>	02:04 - 02:12	03:10 - 03:19	04:21 - 04:34	05:03 - 05:19	<b>11:55 - 11:59</b>	02:41 - 02:51	04:07 - 04:19	05:40 - 05:56	06:33 - 06:53
<b>09:15 - 09:19</b>	02:05 - 02:13	03:11 - 03:21	04:24 - 04:37	05:05 - 05:21	<b>12:05 - 12:09</b>	02:43 - 02:53	04:10 - 04:22	05:44 - 06:01	06:39 - 06:59
<b>09:20 - 09:24</b>	02:06 - 02:14	03:13 - 03:23	04:26 - 04:39	05:08 - 05:24	<b>12:15 - 12:19</b>	02:45 - 02:56	04:14 - 04:26	05:49 - 06:06	06:44 - 07:05
<b>09:25 - 09:29</b>	02:07 - 02:15	03:15 - 03:25	04:28 - 04:42	05:11 - 05:27	<b>12:25 - 12:29</b>	02:48 - 02:58	04:17 - 04:30	05:54 - 06:11	06:50 - 07:11
<b>09:30 - 09:34</b>	02:08 - 02:16	03:17 - 03:27	04:31 - 04:44	05:14 - 05:30	<b>12:35 - 12:39</b>	02:50 - 03:00	04:20 - 04:33	05:59 - 06:16	06:55 - 07:16
<b>09:35 - 09:39</b>	02:09 - 02:18	03:18 - 03:28	04:33 - 04:47	05:16 - 05:33	<b>12:45 - 12:49</b>	02:52 - 03:03	04:24 - 04:37	06:03 - 06:21	07:01 - 07:22
<b>09:40 - 09:44</b>	02:11 - 02:19	03:20 - 03:30	04:36 - 04:49	05:19 - 05:36	<b>12:55 - 12:59</b>	02:54 - 03:05	04:27 - 04:40	06:08 - 06:26	07:06 - 07:28
<b>09:45 - 09:49</b>	02:12 - 02:20	03:22 - 03:32	04:38 - 04:52	05:22 - 05:39	<b>13:05 - 13:09</b>	02:57 - 03:07	04:31 - 04:44	06:13 - 06:31	07:12 - 07:34
<b>09:50 - 09:54</b>	02:13 - 02:21	03:24 - 03:34	04:40 - 04:54	05:25 - 05:42	<b>13:15 - 13:19</b>	02:59 - 03:10	04:34 - 04:48	06:18 - 06:36	07:17 - 07:39
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<b>10:00 - 10:04</b>	02:15 - 02:23	03:27 - 03:37	04:45 - 04:59	05:30 - 05:47	<b>13:35 - 13:39</b>	03:03 - 03:15	04:41 - 04:55	06:27 - 06:45	07:28 - 07:51
<b>10:05 - 10:09</b>	02:16 - 02:25	03:29 - 03:39	04:47 - 05:01	05:33 - 05:50	<b>13:45 - 13:49</b>	03:06 - 03:17	04:45 - 04:58	06:32 - 06:50	07:34 - 07:57
<b>10:10 - 10:14</b>	02:17 - 02:26	03:30 - 03:41	04:50 - 05:04	05:36 - 05:53	<b>13:55 - 13:59</b>	03:08 - 03:19	04:48 - 05:02	06:37 - 06:55	07:39 - 08:02
<b>10:15 - 10:19</b>	02:18 - 02:27	03:32 - 03:43	04:52 - 05:06	05:38 - 05:56	<b>14:05 - 14:09</b>	03:10 - 03:22	04:52 - 05:06	06:41 - 07:00	07:45 - 08:08
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<b>10:25 - 10:29</b>	02:21 - 02:29	03:36 - 03:46	04:57 - 05:11	05:44 - 06:02	<b>14:25 - 14:29</b>	03:15 - 03:26	04:58 - 05:13	06:51 - 07:10	07:56 - 08:20
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<b>10:35 - 10:39</b>	02:23 - 02:32	03:39 - 03:50	05:02 - 05:16	05:49 - 06:07	<b>14:45 - 14:49</b>	03:19 - 03:31	05:05 - 05:20	07:00 - 07:20	08:07 - 08:31
<b>10:40 - 10:44</b>	02:24 - 02:33	03:41 - 03:52	05:04 - 05:19	05:52 - 06:10	<b>14:55 - 14:59</b>	03:21 - 03:34	05:09 - 05:24	07:05 - 07:25	08:12 - 08:37
<b>10:45 - 10:49</b>	02:25 - 02:34	03:43 - 03:54	05:06 - 05:21	05:55 - 06:13	<b>15:05 - 15:09</b>	03:24 - 03:36	05:12 - 05:27	07:10 - 07:30	08:18 - 08:43
<b>10:50 - 10:54</b>	02:26 - 02:35	03:44 - 03:55	05:09 - 05:24	05:58 - 06:16	<b>15:15 - 15:19</b>	03:26 - 03:38	05:16 - 05:31	07:15 - 07:35	08:23 - 08:48
<b>10:55 - 10:59</b>	02:27 - 02:37	03:46 - 03:57	05:11 - 05:26	06:00 - 06:19	<b>15:25 - 15:29</b>	03:28 - 03:41	05:19 - 05:34	07:19 - 07:40	08:29 - 08:54
<b>11:00 - 11:04</b>	02:29 - 02:38	03:48 - 03:59	05:14 - 05:29	06:03 - 06:22	<b>15:35 - 15:39</b>	03:30 - 03:43	05:23 - 05:38	07:24 - 07:45	08:34 - 09:00
<b>11:05 - 11:09</b>	02:30 - 02:39	03:49 - 04:01	05:16 - 05:31	06:06 - 06:25	<b>15:45 - 15:49</b>	03:33 - 03:45	05:26 - 05:42	07:29 - 07:50	08:40 - 09:06
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<b>11:15 - 11:19</b>	02:32 - 02:41	03:53 - 04:04	05:21 - 05:36	06:11 - 06:30	<b>16:05 - 16:09</b>	03:37 - 03:50	05:33 - 05:49	07:38 - 08:00	08:51 - 09:17
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