1.5-MILE RUN INTERVAL PACE TABLE																				
1.5-MILE RUN (MM:SS)			400m run pace (MM:SS)			800M run pace (MM:SS)			1200M run pace (MM:SS)			1600M run pace (MM:SS)			ɔo Pace (pace per mile)				
8:30	-	8:34	1:14	-	1:17	2:33	-	2:43	3:55	-	4:07	5:23	-	5:39	6:31	-	6:51			
8:35	-	8:39	1:15	-	1:18	2:35	-	2:44	3:57	-	4:09	5:26	-	5:43	6:35	-	6:55			
8:40	-	8:44	1:15	-	1:19	2:36	-	2:46	3:59	-	4:12	5:29	-	5:46	6:39	-	6:59			
8:45	-	8:49	1:16	-	1:19	2:38	-	2:48	4:02	-	4:14	5:33	-	5:49	6:42	-	7:03			
8:50	-	8:54	1:17	-	1:20	2:39	-	2:49	4:04	-	4:16	5:36	-	5:53	6:46	-	7:07			
8:55	-	8:59	1:18	-	1:21	2:41	-	2:51	4:06	-	4:19	5:39	-	5:56	6:50	-	7:11			
9:00	-	9:04	1:18	-	1:22	2:42	-	2:52	4:08	-	4:21	5:42	-	5:59	6:54	-	7:15			
9:05	-	9:09	1:19	-	1:22	2:44	-	2:54	4:11	-	4:24	5:45	-	6:03	6:58	-	7:19			
9:10	-	9:14	1:20	-	1:23	2:45	-	2:55	4:13	-	4:26	5:49	-	6:06	7:02	-	7:23			
9:15	-	9:19	1:20	-	1:24	2:47	-	2:57	4:15	-	4:28	5:52	-	6:09	7:05	-	7:27			
9:20	-	9:24	1:21	-	1:25	2:48	-	2:59	4:18	-	4:31	5:55	-	6:12	6:58	-	7:20			
9:25	-	9:29	1:22	-	1:25	2:50	-	3:00	4:20	-	4:33	5:58	-	6:16	6:54	-	7:16			
9:30	-	9:34	1:23	-	1:26	2:51	-	3:02	4:22	-	4:36	6:01	-	6:19	6:58	-	7:20			
9:35	-	9:39	1:23	-	1:27	2:53	-	3:03	4:25	-	4:38	6:04	-	6:22	7:02	-	7:24			
9:40	-	9:44	1:24	-	1:28	2:54	-	3:05	4:27	-	4:40	6:08	-	6:26	7:05	-	7:28			
9:45	-	9:49	1:25	-	1:28	2:56	-	3:07	4:29	-	4:43	6:11	-	6:29	7:09	-	7:32			
9:50	-	9:54	1:26	-	1:29	2:57	-	3:08	4:31	-	4:45	6:14	-	6:32	7:13	-	7:35			
9:55	-	9:59	1:26	-	1:30	2:59	-	3:10	4:34	-	4:48	6:17	-	6:36	7:16	-	7:39			
10:00	-	10:04	1:27	-	1:31	3:00	-	3:11	4:36	-	4:50	6:20	-	6:39	7:20	-	7:43			
10:05	-	10:09	1:28	-	1:31	3:02	-	3:13	4:38	-	4:52	6:23	-	6:42	7:24	-	7:47			
10:10	-	10:14	1:28	-	1:32	3:03	-	3:14	4:41	-	4:55	6:27	-	6:45	7:27	-	7:51			
10:15	-	10:19	1:29	-	1:33	3:05	-	3:16	4:43	-	4:57	6:30	-	6:49	7:31	-	7:55			
10:20	-	10:24	1:30	-	1:34	3:06	-	3:18	4:45	-	5:00	6:33	-	6:52	7:35	-	7:58			
10:25	-	10:29	1:31	-	1:34	3:08	-	3:19	4:48	-	5:02	6:36	-	6:55	7:38	-	8:02			
10:30	-	10:34	1:31	-	1:35	3:09	-	3:21	4:50	-	5:04	6:39	-	6:59	7:42	-	8:06			
10:35	-	10:39	1:32	-	1:36	3:11	-	3:22	4:52	-	5:07	6:42	-	7:02	7:46	-	8:10			
10:40	-	10:44	1:33	-	1:37	3:12	-	3:24	4:54	-	5:09	6:46	-	7:05	7:49	-	8:14			
10:45	-	10:49	1:34	-	1:37	3:14	-	3:26	4:57	-	5:12	6:49	-	7:09	7:53	-	8:18			
10:50	-	10:54	1:34	-	1:38	3:15	-	3:27	4:59	-	5:14	6:52	-	7:12	7:57	-	8:21			
10:55	-	10:59	1:35	-	1:39	3:17	-	3:29	5:01	-	5:16	6:55	-	7:15	8:00	-	8:25			
11:00		11:04	1:36	-	1:40	3:18	-	3:30	5:04	-	5:19	6:58	-	7:18	8:04	-	8:29			
11:05		11:09	1:36	-	1:40	3:20	-	3:32	5:06	-	5:21	7:01	-	7:22	8:08	-	8:33			
11:10		11:14	1:37	-	1:41	3:21	-	3:33	5:08	-	5:24	7:05	-	7:25	8:11	-	8:37			
11:15		11:19	1:38	-	1:42	3:23	-	3:35	5:11	-	5:26	7:08	-	7:28	8:15	-	8:41			
11:20		11:24	1:39	-	1:43	3:24	-	3:37	5:13	-	5:28	7:11	-	7:32	8:19	-	8:44			
11:25		11:29	1:39	-	1:43	3:26	-	3:38	5:15	-	5:31	7:14	-	7:35	8:22	-	8:48			
11:30		11:34	1:40	-	1:44	3:27	-	3:40	5:17	-	5:33	7:17	-	7:38	8:26	-	8:52			
11:35		11:39	1:41	-	1:45	3:29	-	3:41	5:20	-	5:36	7:20	-	7:42	8:30	-	8:56			
11:40		11:44	1:42	-	1:46	3:30	-	3:43	5:22	-	5:38	7:24	-	7:45	8:33	-	9:00			
11:45		11:49	1:42	-	1:46	3:32	-	3:45	5:24	-	5:40	7:27	-	7:48	8:37	-	9:04			
11:50		11:54	1:43	-	1:47	3:33	-	3:46	5:27	-	5:43	7:30	-	7:51	8:41	-	9:07			
11:55		11:59	1:44	-	1:48	3:35	-	3:48	5:29	-	5:45	7:33	-	7:55	8:44	-	9:11			

1.5-MILE RUN INTERVAL PACE TABLE																								
1.5-MILE RUN (MM:SS)		400m run pace (MM:SS)			800M run pace (MM:SS)			1200M run pace (MM:SS)			1600M run pace (MM:SS)			oo Pace (pace per mile)									
12:00	12:04	1:44	-	1:49	3:36	-	3:49	5:31	-	5:48	7:36	-	7:58	8:48	-	9:15								
12:05	12:09	1:45	-	1:49	3:38	-	3:51	5:34	-	5:50	7:39	-	8:01	8:52	-	9:19								
12:10	12:14	1:46	-	1:50	3:39	-	3:52	5:36	-	5:52	7:43	-	8:05	8:55	-	9:23								
12:15	12:19	1:47	-	1:51	3:41	-	3:54	5:38	-	5:55	7:46	-	8:08	8:59	-	9:27								
12:20	12:24	1:47	-	1:52	3:42	-	3:56	5:40	-	5:57	7:49	-	8:11	9:03	-	9:30								
12:25	12:29	1:48	-	1:52	3:44	-	3:57	5:43	-	6:00	7:52	-	8:15	9:06	-	9:34								
12:30	12:34	1:49	-	1:53	3:45	-	3:59	5:45	-	6:02	7:55	-	8:18	9:10	-	9:38								
12:35	12:39	1:49	-	1:54	3:47	-	4:00	5:47	-	6:04	7:58	-	8:21	9:14	-	9:42								
12:40	12:44	1:50	-	1:55	3:48	-	4:02	5:50	-	6:07	8:02	-	8:24	9:17	-	9:46								
12:45	12:49	1:51	-	1:55	3:50	-	4:04	5:52	-	6:09	8:05	-	8:28	9:21	-	9:50								
12:50	12:54	1:52	-	1:56	3:51	-	4:05	5:54	-	6:12	8:08	-	8:31	9:25	-	9:53								
12:55	12:59	1:52	-	1:57	3:53	-	4:07	5:57	-	6:14	8:11	-	8:34	9:28	-	9:57								
13:00	13:04	1:53	-	1:58	3:54	-	4:08	5:59	-	6:16	8:14	-	8:38	9:32	-	10:01								
13:05	13:09	1:54	-	1:58	3:56	-	4:10	6:01	-	6:19	8:17	-	8:41	9:36	-	10:05								
13:10	13:14	1:55	-	1:59	3:57	-	4:11	6:03	-	6:21	8:21	-	8:44	9:39	-	10:09								
13:15	13:19	1:55	-	2:00	3:59	-	4:13	6:06	-	6:24	8:24	-	8:48	9:43	-	10:13								
13:20	13:24	1:56	-	2:01	4:00	-	4:15	6:08	-	6:26	8:27	-	8:51	9:47	-	10:16								
13:25	13:29	1:57	-	2:01	4:02	-	4:16	6:10	-	6:28	8:30	-	8:54	9:50	-	10:20								
13:30	13:34	1:57	-	2:02	4:03	-	4:18	6:13	-	6:31	8:33	-	8:58	9:54	-	10:24								
13:35	13:39	1:58	-	2:03	4:05	-	4:19	6:15	-	6:33	8:36	-	9:01	9:58	-	10:28								
13:40	13:44	1:59	-	2:04	4:06	-	4:21	6:17	-	6:36	8:40	-	9:04	10:01	-	10:32								
13:45	13:49	2:00	-	2:04	4:08	-	4:23	6:20	-	6:38	8:43	-	9:07	10:05	-	10:36								
13:50	13:54	2:00	-	2:05	4:09	-	4:24	6:22	-	6:40	8:46	-	9:11	10:09	-	10:39								
13:55	13:59	2:01	-	2:06	4:11	-	4:26	6:24	-	6:43	8:49	-	9:14	10:12	-	10:43								
14:00	14:04	2:02	-	2:07	4:12	-	4:27	6:26	-	6:45	8:52	-	9:17	10:16	-	10:47								
14:05	14:09	2:03	-	2:07	4:14	-	4:29	6:29	-	6:48	8:55	-	9:21	10:20	-	10:51								
14:10	14:14	2:03	-	2:08	4:15	-	4:30	6:31	-	6:50	8:59	-	9:24	10:23	-	10:55								
14:15	14:19	2:04	-	2:09	4:17	-	4:32	6:33	-	6:52	9:02	-	9:27	10:27	-	10:59								
14:20	14:24	2:05	-	2:10	4:18	-	4:34	6:36	-	6:55	9:05	-	9:31	10:31	-	11:02								
14:25	14:29	2:05	-	2:10	4:20	-	4:35	6:38	-	6:57	9:08	-	9:34	10:34	-	11:06								
14:30	14:34	2:06	-	2:11	4:21	-	4:37	6:40	-	7:00	9:11	-	9:37	10:38	-	11:10								
14:35	14:39	2:07	-	2:12	4:23	-	4:38	6:43	-	7:02	9:14	-	9:40	10:42	-	11:14								
14:40	14:44	2:08	-	2:13	4:24	-	4:40	6:45	-	7:04	9:18	-	9:44	10:45	-	11:18								
14:45	14:49	2:08	-	2:13	4:26	-	4:42	6:47	-	7:07	9:21	-	9:47	10:49	-	11:22								
14:50	14:54	2:09	-	2:14	4:27	-	4:43	6:49	-	7:09	9:24	-	9:50	10:53	-	11:25								
14:55	14:59	2:10	-	2:15	4:29	-	4:45	6:52	-	7:12	9:27	-	9:54	10:56	-	11:29								
15:00	15:04	2:11	-	2:16	4:30	-	4:46	6:54	-	7:14	9:30	-	9:57	11:00	-	11:33								
15:05	15:09	2:11	-	2:16	4:32	-	4:48	6:56	-	7:16	9:33	-	10:00	11:04	-	11:37								
15:10	15:14	2:12	-	2:17	4:33	-	4:49	6:59	-	7:19	9:37	-	10:04	11:07	-	11:41								
15:15	15:19	2:13	-	2:18	4:35	-	4:51	7:01	-	7:21	9:40	-	10:07	11:11	-	11:45								
15:20	15:24	2:13	-	2:19	4:36	-	4:53	7:03	-	7:24	9:43	-	10:10	11:15	-	11:48								
15:25	15:29	2:14	-	2:19	4:38	-	4:54	7:06	-	7:26	9:46	-	10:13	11:18	-	11:52								

1.5-MILE RUN INTERVAL PACE TABLE																								
1.5-MILE RUN (MM:SS)			400m run pace (MM:SS)			800M run pace (MM:SS)			1200M run pace (MM:SS)			1600M run pace (MM:SS)			oo Pace (pace per mile)								
15:30		15:34	2:15	-	2:20	4:39	-	4:56	7:08	-	7:28	9:49	-	10:17	11:22	-	11:56							
15:35		15:39	2:16	-	2:21	4:41	-	4:57	7:10	-	7:31	9:52	-	10:20	11:26	-	12:00							
15:40		15:44	2:16	-	2:22	4:42	-	4:59	7:12	-	7:33	9:56	-	10:23	11:29	-	12:04							
15:45		15:49	2:17	-	2:22	4:44	-	5:01	7:15	-	7:36	9:59	-	10:27	11:33	-	12:08							
15:50		15:54	2:18	-	2:23	4:45	-	5:02	7:17	-	7:38	10:02	-	10:30	11:37	-	12:11							
15:55		15:59	2:18	-	2:24	4:47	-	5:04	7:19	-	7:40	10:05	-	10:33	11:40	-	12:15							
16:00		16:04	2:19	-	2:25	4:48	-	5:05	7:22	-	7:43	10:08	-	10:37	11:44	-	12:19							
16:05		16:09	2:20	-	2:25	4:50	-	5:07	7:24	-	7:45	10:11	-	10:40	11:48	-	12:23							
16:10		16:14	2:21	-	2:26	4:51	-	5:08	7:26	-	7:48	10:15	-	10:43	11:51	-	12:27							
16:15		16:19	2:21	-	2:27	4:53	-	5:10	7:29	-	7:50	10:18	-	10:46	11:55	-	12:31							
16:20		16:24	2:22	-	2:28	4:54	-	5:12	7:31	-	7:52	10:21	-	10:50	11:59	-	12:34							
16:25		16:29	2:23	-	2:28	4:56	-	5:13	7:33	-	7:55	10:24	-	10:53	12:02	-	12:38							
16:30		16:34	2:24	-	2:29	4:57	-	5:15	7:35	-	7:57	10:27	-	10:56	12:06	-	12:42							
16:35		16:39	2:24	-	2:30	4:59	-	5:16	7:38	-	8:00	10:30	-	11:00	12:10	-	12:46							
16:40		16:44	2:25	-	2:31	5:00	-	5:18	7:40	-	8:02	10:34	-	11:03	12:13	-	12:50							
16:45		16:49	2:26	-	2:31	5:02	-	5:20	7:42	-	8:04	10:37	-	11:06	12:17	-	12:54							
16:50		16:54	2:26	-	2:32	5:03	-	5:21	7:45	-	8:07	10:40	-	11:10	12:21	-	12:57							
16:55		16:59	2:27	-	2:33	5:05	-	5:23	7:47	-	8:09	10:43	-	11:13	12:24	-	13:01							
17:00		17:04	2:28	-	2:34	5:06	-	5:24	7:49	-	8:12	10:46	-	11:16	12:28	-	13:05							
17:05		17:09	2:29	-	2:34	5:08	-	5:26	7:52	-	8:14	10:49	-	11:19	12:32	-	13:09							
17:10		17:14	2:29	-	2:35	5:09	-	5:27	7:54	-	8:16	10:53	-	11:23	12:35	-	13:13							
17:15		17:19	2:30	-	2:36	5:11	-	5:29	7:56	-	8:19	10:56	-	11:26	12:39	-	13:17							
17:20		17:24	2:31	-	2:37	5:12	-	5:31	7:58	-	8:21	10:59	-	11:29	12:43	-	13:20							
17:25		17:29	2:32	-	2:37	5:14	-	5:32	8:01	-	8:24	11:02	-	11:33	12:46	-	13:24							