

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

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

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)	Tempo Pace (pace per mile)
16:40	16:44	02:25 - 02:31	05:00 - 05:18	07:40 - 08:02	10:34 - 11:03	12:13 - 12:50
16:45	16:49	02:26 - 02:31	05:02 - 05:20	07:42 - 08:04	10:37 - 11:06	12:17 - 12:54
16:50	16:54	02:26 - 02:32	05:03 - 05:21	07:45 - 08:07	10:40 - 11:10	12:21 - 12:57
16:55	16:59	02:27 - 02:33	05:05 - 05:23	07:47 - 08:09	10:43 - 11:13	12:24 - 13:01
17:00	17:04	02:28 - 02:34	05:06 - 05:24	07:49 - 08:12	10:46 - 11:16	12:28 - 13:05
17:05	17:09	02:29 - 02:34	05:08 - 05:26	07:52 - 08:14	10:49 - 11:19	12:32 - 13:09
17:10	17:14	02:29 - 02:35	05:09 - 05:27	07:54 - 08:16	10:53 - 11:23	12:35 - 13:13
17:15	17:19	02:30 - 02:36	05:11 - 05:29	07:56 - 08:19	10:56 - 11:26	12:39 - 13:17
17:20	17:24	02:31 - 02:37	05:12 - 05:31	07:58 - 08:21	10:59 - 11:29	12:43 - 13:20
17:25	17:29	02:32 - 02:37	05:14 - 05:32	08:01 - 08:24	11:02 - 11:33	12:46 - 13:24