

**2-MILE RUN INTERVAL PACE TABLE**

<b>2-MILE RUN (MM:SS)</b>	<b>400M run pace (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>
10:00 - 10:04	01:02 - 01:06	02:15 - 02:23	03:27 - 03:37	04:45 - 04:59	05:30 - 05:47
10:05 - 10:09	01:03 - 01:07	02:16 - 02:25	03:29 - 03:39	04:47 - 05:01	05:33 - 05:50
10:10 - 10:14	01:03 - 01:08	02:17 - 02:26	03:30 - 03:41	04:50 - 05:04	05:36 - 05:53
10:15 - 10:19	01:04 - 01:08	02:18 - 02:27	03:32 - 03:43	04:52 - 05:06	05:38 - 05:56
10:20 - 10:24	01:04 - 01:09	02:20 - 02:28	03:34 - 03:45	04:55 - 05:09	05:41 - 05:59
10:25 - 10:29	01:05 - 01:09	02:21 - 02:29	03:36 - 03:46	04:57 - 05:11	05:44 - 06:02
10:30 - 10:34	01:06 - 01:10	02:22 - 02:31	03:37 - 03:48	04:59 - 05:14	05:47 - 06:05
10:35 - 10:39	01:06 - 01:10	02:23 - 02:32	03:39 - 03:50	05:02 - 05:16	05:49 - 06:07
10:40 - 10:44	01:07 - 01:11	02:24 - 02:33	03:41 - 03:52	05:04 - 05:19	05:52 - 06:10
10:45 - 10:49	01:07 - 01:11	02:25 - 02:34	03:43 - 03:54	05:06 - 05:21	05:55 - 06:13
10:50 - 10:54	01:08 - 01:12	02:26 - 02:35	03:44 - 03:55	05:09 - 05:24	05:58 - 06:16
10:55 - 10:59	01:08 - 01:12	02:27 - 02:37	03:46 - 03:57	05:11 - 05:26	06:00 - 06:19
11:00 - 11:04	01:09 - 01:13	02:29 - 02:38	03:48 - 03:59	05:14 - 05:29	06:03 - 06:22
11:05 - 11:09	01:09 - 01:14	02:30 - 02:39	03:49 - 04:01	05:16 - 05:31	06:06 - 06:25
11:10 - 11:14	01:10 - 01:14	02:31 - 02:40	03:51 - 04:03	05:18 - 05:34	06:09 - 06:28
11:15 - 11:19	01:10 - 01:15	02:32 - 02:41	03:53 - 04:04	05:21 - 05:36	06:11 - 06:30
11:20 - 11:24	01:11 - 01:15	02:33 - 02:42	03:55 - 04:06	05:23 - 05:39	06:14 - 06:33
11:25 - 11:29	01:11 - 01:16	02:34 - 02:44	03:56 - 04:08	05:25 - 05:41	06:17 - 06:36
11:30 11:34	01:12 - 01:16	02:35 02:45	03:58 04:10	05:28 05:44	06:20 06:39
11:35 11:39	01:12 - 01:17	02:36 02:46	04:00 04:12	05:30 05:46	06:22 06:42
11:40 11:44	01:13 - 01:17	02:38 02:47	04:02 04:13	05:33 05:48	06:25 06:45
11:45 11:49	01:13 - 01:18	02:39 02:48	04:03 04:15	05:35 05:51	06:28 06:48
11:50 11:54	01:14 - 01:19	02:40 02:50	04:05 04:17	05:37 05:53	06:31 06:51
11:55 11:59	01:14 - 01:19	02:41 02:51	04:07 04:19	05:40 05:56	06:33 06:53
12:00 12:04	01:15 - 01:20	02:42 02:52	04:08 04:21	05:42 05:58	06:36 06:56
12:05 12:09	01:15 - 01:20	02:43 02:53	04:10 04:22	05:44 06:01	06:39 06:59
12:10 12:14	01:16 - 01:21	02:44 02:54	04:12 04:24	05:47 06:03	06:42 07:02
12:15 12:19	01:16 - 01:21	02:45 02:56	04:14 04:26	05:49 06:06	06:44 07:05
12:20 12:24	01:17 - 01:22	02:47 02:57	04:15 04:28	05:52 06:08	06:47 07:08
12:25 12:29	01:17 - 01:22	02:48 02:58	04:17 04:30	05:54 06:11	06:50 07:11
12:30 12:34	01:18 - 01:23	02:49 02:59	04:19 04:31	05:56 06:13	06:53 07:14
12:35 12:39	01:19 - 01:23	02:50 03:00	04:20 04:33	05:59 06:16	06:55 07:16
12:40 12:44	01:19 - 01:24	02:51 03:01	04:22 04:35	06:01 06:18	06:58 07:19
12:45 12:49	01:20 - 01:25	02:52 03:03	04:24 04:37	06:03 06:21	07:01 07:22
12:50 12:54	01:20 - 01:25	02:53 03:04	04:26 04:39	06:06 06:23	07:04 07:25
12:55 12:59	01:21 - 01:26	02:54 03:05	04:27 04:40	06:08 06:26	07:06 07:28
13:00 13:04	01:21 - 01:26	02:56 03:06	04:29 04:42	06:11 06:28	07:09 07:31
13:05 13:09	01:22 - 01:27	02:57 03:07	04:31 04:44	06:13 06:31	07:12 07:34
13:10 13:14	01:22 - 01:27	02:58 03:09	04:33 04:46	06:15 06:33	07:15 07:37
13:15 13:19	01:23 - 01:28	02:59 03:10	04:34 04:48	06:18 06:36	07:17 07:39
13:20 13:24	01:23 - 01:28	03:00 03:11	04:36 04:49	06:20 06:38	07:20 07:42
13:25 13:29	01:24 - 01:29	03:01 03:12	04:38 04:51	06:22 06:40	07:23 07:45
13:30 13:34	01:24 - 01:30	03:02 03:13	04:39 04:53	06:25 06:43	07:26 07:48
13:35 13:39	01:25 - 01:30	03:03 03:15	04:41 04:55	06:27 06:45	07:28 07:51
13:40 13:44	01:25 - 01:31	03:05 03:16	04:43 04:57	06:30 06:48	07:31 07:54
13:45 13:49	01:26 - 01:31	03:06 03:17	04:45 04:58	06:32 06:50	07:34 07:57
13:50 13:54	01:26 - 01:32	03:07 03:18	04:46 05:00	06:34 06:53	07:37 08:00
13:55 13:59	01:27 - 01:32	03:08 03:19	04:48 05:02	06:37 06:55	07:39 08:02
14:00 14:04	01:27 - 01:33	03:09 03:20	04:50 05:04	06:39 06:58	07:42 08:05

**2-MILE RUN INTERVAL PACE TABLE**

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