

Track Workouts Pace Chart –by David Brennan for Tuesday Night Track – Tulsa Running Club

* Note previous page 5k-15k paces are predicted race performances for those distances all other times below are adjusted for multiple repetitions on the track.

Group 1	200m 0:29-0:31	300m 0:47- 0:50	400m 1:08-1:11	600m 1:40-1:49	800m 2:15-2:30	1000m 3:16-3:15	1200m 3:58-4:20	1 mile 5:05-5:25
Group 2	200m 0:32-0:33	300m 0:51- 0:54	400m 1:12-1:16	600m 1:50-1:59	800m 2:31-2:50	1000m 3:16-3:25	1200m 4:21- 4:45	1 mile 5:26-5:50
Group 3A	200m 0:34-0:35	300m 0:55- 0:59	400m 1:17-1:21	600m 2:00-2:05	800m 2:51-3:00	1000m 3:26-3:40	1200m 4:46- 4:57	1 mile 5:51-6:05
Group 3B	200m 0:36- 0:37	300m 0:59-1:02	400m 1:22-1:27	600m 2:06-2:15	800m 3:01- 3:10	1000m 3:41- 3:59	1200m 4:58- 5:11	1 mile 6:06-6:20
Group 3C	200m 0:38- 0:40	300m 1:03-1:07	400m 1:28-1:32	600m 2:16-2:25	800m 3:11- 3:19	1000m 4:00- 4:20	1200m 5:12- 5:20	1 mile 6:21-6:45
Group 4A	200m 0:41- 0:45	300m 01:08- 1:15	400m 1:33-1:39	600m 2:26-2:38	800m 3:20-3:25	1000m 4:21-4:35	1200m 5:21- 5:45	1 mile 6:46-7:20
Group 4B	200m 0:46- 0:48	300m 1:16-1:20	400m 1:40-1:45	600m 2:39- 2:50	800m 3:26- 3:35	1000m 4:36- 4:50	1200m 5:46- 6:00	1 mile 7:21-8:10
Group 4C	200m 49-52	300m 1:21-1:30	400m 1:46-1:52	600m 2:51-3:05	800m 3:36- 3:50	1000m 4:51- 5:15	1200m 6:01- 6:31	1 mile 8:11-8:30
Group 5	200m 0:53-0:59	300m 1:31-1:44	400m 1:52-2:02	600m 3:06-3:26	800m 3:51-4:14	1000m 5:16-5:45	1200m 6:32- 7:15	1 mile 8:30-9:00
Group 6	200m >1:00	300m >1:45	400m >2:03	600m >3:27	800m >4:15	1000m > 5:46	1200m >7:16	1 mile >9:00