

Northwest Distance 800m / 1600m Pace Chart

800M Run / PP 200m					1600M Run / PP 200m										
Goal Time	200m	400m	600m	800m	Goal Time	200m	400m	600m	800m	1000m	1200m	1400m	1600m		
1:56	29	58	1:27	1:56	4:20	32.5	65	1:37.5	2:10	2:42.5	3:15	3:47.5	4:20		
1:58	29.5	59	1:28.5	1:58	4:25	33.1	66.2	1:39.3	2:12.5	2:45.6	3:18.7	3:51.8	4:25		
2:00	30	60	1:30	2:00	4:30	33.7	67.5	1:41.2	2:15	2:48.7	3:22.5	3:56.2	4:30		
2:02	30.5	61	1:31.5	2:02	4:35	34.3	68.7	1:43.1	2:17.5	2:51.8	3:26.2	4:00.6	4:35		
2:04	31	62	1:33	2:04	4:40	35	70	1:45	2:20	2:55	3:30	4:05	4:40		
2:06	31.5	63	1:34.5	2:06	4:45	35.6	71.2	1:46.7	2:22.5	2:58.1	3:33.7	4:09.3	4:45		
2:08	32	64	1:36	2:08	4:50	36.2	72.5	1:48.7	2:25	3:01.2	3:37.5	4:13.7	4:50		
2:10	32.5	65	1:37.5	2:10	4:55	36.8	73.7	1:50.6	2:27.5	3:04.3	3:41.2	4:18.1	4:55		
2:12	33	66	1:39	2:12	5:00	37.5	75	1:52.5	2:30	3:07.5	3:45	4:22.5	5:00		
2:14	33.5	67	1:40.5	2:14	5:05	38.1	76.2	1:54.3	2:32.5	3:10.6	3:48.7	4:26.8	5:05		
2:16	34	68	1:42	2:16	5:10	38.7	77.5	1:56.2	2:35	3:13.7	3:52.5	4:31.2	5:10		
2:18	34.5	69	1:43.5	2:18	5:15	39.3	78.7	1:58.2	2:37.5	3:16.8	3:56.2	4:35.6	5:15		
2:20	35	70	1:45	2:20	5:20	40	80	2:00	2:40	3:20	4:00	4:40	5:20		
2:22	35.5	71	1:46.5	2:22	5:25	40.6	81.2	2:01.8	2:42.5	3:23.1	4:03.7	4:44.3	5:25		
2:24	36	72	1:48	2:24	5:30	41.2	82.5	2:03.7	2:45	3:26.2	4:07.5	4:48.7	5:30		
2:26	36.5	73	1:49.5	2:26	5:35	41.8	83.7	2:05.6	2:47.5	3:29.3	4:11.2	4:53.1	5:35		
2:28	37	74	1:51	2:28	5:40	42.5	85	2:07.5	2:50	3:32.5	4:15	4:57.5	5:40		
2:30	37.5	75	1:52.5	2:30	5:45	43.1	86.2	2:09.3	2:52.5	3:35.6	4:18.7	5:01.8	5:45		
2:32	38	76	1:54	2:32	5:50	43.7	87.5	2:11.2	2:55	3:38.7	4:22.5	5:06.2	5:50		
2:34	38.5	77	1:55.5	2:34	5:55	44.3	88.7	2:13.1	2:57.5	3:41.8	4:26.2	5:10.6	5:55		
2:36	39	78	1:57	2:36	6:00	45	90	2:15	3:00	3:45	4:30	5:15	6:00		
2:38	39.5	79	1:58.5	2:38	6:05	45.6	91.2	2:16.8	3:02.5	3:48.1	4:33.7	5:19.3	6:05		
2:40	40	80	2:00	2:40	6:10	46.2	92.5	2:18.7	3:05	3:51.2	4:37.5	5:23.7	6:10		

"Run Hard, Be Strong, Think Big!"