

Mustangs Endurance - Training / Pace Chart

Current Fitness	Recovery (Easy)	Maintenance	Light Tempo	Mod Tempo	Tempo	10k	5k	3k	1500	800	400
			(80% Run)	(MP-26.2 Pace)	(13.1 Pace)						
13:30/28:30	89+	85	81	76	72	68	65	61	58	54	50
14:00/29:00	91+	87	83	79	75	70	67	64	60	56	52
14:30/30:30	93+	89	85	81	77	73	70	66	62	58	54
15:00/31:30	96+	92	88	84	80	76	72	68	64	60	56
15:30/32:30	98+	94	90	86	82	78	74	70	66	62	58
16:00/33:30	100+	96	92	88	84	80	76	72	68	64	60
16:30/34:00	102+	98	94	90	86	82	78	74	70	66	62
17:00/36:00	111+	106	101	96	91	86	81	76	71	67	63
17:30/37:00	114+	109	104	99	94	89	84	79	74	69	64
18:00/38:00	116+	111	106	101	96	91	86	81	76	71	66
18:30/39:00	119+	114	109	104	99	94	89	84	79	74	69