

PST
1.5 MILE RUN
PACE CHART

MILE PACE 05::50 06::00 06::20 06::40 06::45

SPLITS					
440 YD 1/4 MILE	01::25	01::30	01::35	01::40	01::42
880 YD 1/2 MILE	02::50	03::00	03::10	03::20	03::24
1320 YD 3/4 MILE	04::15	04::30	04::45	05::00	05::06
1760 YD 1 MILE	05::40	06::00	06::20	06::40	06::48
2200 YD 1 1/4 MILE	07::05	07::30	07::55	08::20	08::30
2640 YD 1 1/2 MILE	08::30	09::00	09::30	10::00	10::12

MILE PACE 07::28 07::40 07::56 08::00 08::12

SPLITS					
440 YD 1/4 MILE	01::52	01::55	01::59	02::00	02::03
880 YD 1/2 MILE	03::44	03::50	03::58	04::00	04::06
1320 YD 3/4 MILE	05::36	05::45	05::57	06::00	06::09
1760 YD 1 MILE	07::28	07::40	07::56	08::00	08::12
2200 YD 1 1/4 MILE	09::20	09::35	09::55	10::00	10::15
2640 YD 1 1/2 MILE	11::12	11::30	11::54	12::00	12::18

1320 Ft. .25 Mile 3960 Ft .75 Mile 6600 Ft
2640 Ft. .5 Mile 5280 Ft 1 Mile 7920 Ft

PST
1.5 MILE RUN
PACE CHART

07::00 07::20

01::45	01::50
03::30	03::40
05::15	05::30
07::00	07::20
08::45	09::15
10::30	11::00

08::20 08::24

02::05	02::06
04::10	04::12
06::15	06::18
08::20	08::24
10::25	10::40
12::30	12::46

1.25 Mile
1.5 Mile