

PST
1.5 MILE RUN
PACE CHART

MILE PACE	05::50	06::00	06::20	06::40	06::45	07::00	07::20
SPLITS							
440 YD 1/4 MILE	01::25	01::30	01::35	01::40	01::42	01::45	01::50
880 YD 1/2 MILE	02::50	03::00	03::10	03::20	03::24	03::30	03::40
1320 YD 3/4 MILE	04::15	04::30	04::45	05::00	05::06	05::15	05::30
1760 YD 1 MILE	05::40	06::00	06::20	06::40	06::48	07::00	07::20
2200 YD 1 1/4 MILE	07::05	07::30	07::55	08::20	08::30	08::45	09::15
2640 YD 1 1/2 MILE	08::30	09::00	09::30	10::00	10::12	10::30	11::00

MILE PACE	07::28	07::40	07::56	08::00	08::12	08::20	08::24
SPLITS							
440 YD 1/4 MILE	01::52	01::55	01::59	02::00	02::03	02::05	02::06
880 YD 1/2 MILE	03::44	03::50	03::58	04::00	04::06	04::10	04::12
1320 YD 3/4 MILE	05::36	05::45	05::57	06::00	06::09	06::15	06::18
1760 YD 1 MILE	07::28	07::40	07::56	08::00	08::12	08::20	08::24
2200 YD 1 1/4 MILE	09::20	09::35	09::55	10::00	10::15	10::25	10::40
2640 YD 1 1/2 MILE	11::12	11::30	11::54	12::00	12::18	12::30	12::46

1320 Ft. .25 Mile 3960 Ft .75 Mile 6600 Ft 1.25 Mile
 2640 Ft. .5 Mile 5280 Ft 1 Mile 7920 Ft 1.5 Mile