

PRECISION PACING

Your Mile. Your Pace.

From 400 m repeats to all-out sprints.
Find your mile time, hit every target.

Know your 1-mile test time? This poster turns it into a target for every shorter-distance interval inside your workouts — 400 m, 200 m, 100 m at the effort the workout calls for.

Find your mile time on the left. Find the distance and effort in the header. Read the target. **Hit it.**

Levels — Mile Run Time by Age.

COMPTRAIN FITNESS SCORE · BANDS SHIFT ACROSS AGE BRACKETS

MEN

25-29 REFERENCE SHOWN · MULTI-BRACKET IN LETTER DOC

AGE	BEGINNER	INTERMEDIATE	ADVANCED	ELITE
18-24	7:11 +	6:02 – 7:07	5:23 – 6:00	5:04 – 5:21
25-29	7:00 +	5:54 – 6:57	5:18 – 5:52	5:00 – 5:17
30-34	7:04 +	5:58 – 7:01	5:21 – 5:55	5:03 – 5:20
35-39	7:18 +	6:09 – 7:14	5:31 – 6:06	5:12 – 5:30
40-44	7:42 +	6:29 – 7:38	5:50 – 6:26	5:30 – 5:48
45-49	8:39 +	7:17 – 8:34	6:33 – 7:14	6:10 – 6:31
50-54	9:36 +	8:04 – 9:31	7:16 – 8:01	6:51 – 7:14
55-59	10:57 +	9:12 – 10:51	8:17 – 9:09	7:49 – 8:14
60-64	12:45 +	10:43 – 12:38	9:38 – 10:39	9:05 – 9:36
65-69	15:14 +	12:49 – 15:06	11:32 – 12:44	10:52 – 11:28
70-74	18:57 +	15:55 – 18:47	14:19 – 15:50	13:31 – 14:15

WOMEN

25-29 REFERENCE SHOWN · MULTI-BRACKET IN LETTER DOC

AGE	BEGINNER	INTERMEDIATE	ADVANCED	ELITE
18-24	8:10 +	6:52 – 8:06	6:07 – 6:49	5:46 – 6:05
25-29	7:58 +	6:42 – 7:54	6:02 – 6:39	5:41 – 6:00
30-34	8:03 +	6:46 – 7:59	6:06 – 6:43	5:44 – 6:04
35-39	8:18 +	6:59 – 8:14	6:17 – 6:56	5:55 – 6:15
40-44	8:46 +	7:22 – 8:41	6:37 – 7:19	6:15 – 6:35
45-49	9:50 +	8:16 – 9:45	7:26 – 8:13	7:01 – 7:24
50-54	10:55 +	9:10 – 10:50	8:15 – 9:07	7:47 – 8:12
55-59	12:27 +	10:28 – 12:21	9:25 – 10:24	8:53 – 9:22
60-64	14:29 +	12:10 – 14:22	10:57 – 12:06	10:20 – 10:54
65-69	17:19 +	14:34 – 17:10	13:06 – 14:29	12:21 – 13:02
70-74	21:32 +	18:06 – 21:21	16:17 – 18:00	15:22 – 16:13

Precision Pacing Targets.

TARGET TIMES FOR 400 M · 200 M · 100 M REPEATS BY MILE TEST RESULT

MILE TIME	400 METERS				200 METERS				100 M			
	TEMPO RPE 6-7	RACE RPE 7-8	HARD RPE 9	SPRINT RPE 10	TEMPO RPE 6-7	RACE RPE 7-8	HARD RPE 9	SPRINT RPE 10	TEMPO RPE 6-7	RACE RPE 7-8	HARD RPE 9	SPRINT RPE 10
5:00	1:18	1:15	1:09	1:03	39s	37s	35s	32s	19s	19s	17s	16s
5:20	1:23	1:20	1:14	1:08	41s	40s	37s	34s	21s	20s	18s	17s
5:40	1:28	1:25	1:19	1:12	44s	42s	39s	36s	22s	21s	20s	18s
6:00	1:33	1:29	1:23	1:16	47s	45s	42s	38s	23s	22s	21s	19s
6:20	1:38	1:34	1:28	1:20	49s	47s	44s	40s	25s	24s	22s	20s
6:40	1:43	1:39	1:32	1:25	52s	50s	46s	42s	26s	25s	23s	21s
7:00	1:49	1:44	1:37	1:29	54s	52s	49s	44s	27s	26s	24s	22s
7:20	1:54	1:49	1:42	1:33	57s	55s	51s	46s	28s	27s	25s	23s
7:40	1:59	1:54	1:46	1:37	59s	57s	53s	49s	30s	29s	27s	24s
8:00	2:04	1:59	1:51	1:41	1:02	1:00	55s	51s	31s	30s	28s	25s
8:20	2:09	2:04	1:56	1:46	1:05	1:02	58s	53s	32s	31s	29s	26s
8:40	2:14	2:09	2:00	1:50	1:07	1:05	1:00	55s	34s	32s	30s	27s
9:00	2:20	2:14	2:05	1:54	1:10	1:07	1:02	57s	35s	34s	31s	29s
9:20	2:25	2:19	2:09	1:58	1:12	1:10	1:05	59s	36s	35s	32s	30s
9:40	2:30	2:24	2:14	2:03	1:15	1:12	1:07	1:01	37s	36s	34s	31s
10:00	2:35	2:29	2:19	2:07	1:18	1:15	1:09	1:03	39s	37s	35s	32s
10:20	2:40	2:34	2:23	2:11	1:20	1:17	1:12	1:05	40s	39s	36s	33s
10:40	2:45	2:39	2:28	2:15	1:23	1:20	1:14	1:08	41s	40s	37s	34s
11:00	2:51	2:44	2:33	2:19	1:25	1:22	1:16	1:10	43s	41s	38s	35s
11:20	2:56	2:49	2:37	2:24	1:28	1:25	1:19	1:12	44s	42s	39s	36s
11:40	3:01	2:54	2:42	2:28	1:30	1:27	1:21	1:14	45s	43s	40s	37s
12:00	3:06	2:59	2:46	2:32	1:33	1:29	1:23	1:16	47s	45s	42s	38s

Cells: **m:ss** or **ss** finish time. Whole-minute mile rows highlighted.

Tempo = LT2 threshold · Race = mile pace · Hard = anaerobic · Sprint = all-out

How to use: Look up your 1-mile test time. Find the distance the workout prescribes. Read the column for the effort. Hold that pace. Math: target time = mile time × (zone multiplier) × distance / 1609.
Multipliers: Tempo 1.04 · Race 1.00 · Hard 0.93 · Sprint 0.85.