

USMS Interval Pace Chart

100	200	300	400	500	1000	1500	2000	2500	3000
1:00	2:00	3:00	4:00	5:00	10:00	15:00	20:00	25:00	30:00
1:05	2:10	3:15	4:20	5:25	10:50	16:15	21:40	27:05	32:30
1:10	2:20	3:30	4:40	5:50	11:40	17:30	23:20	29:10	35:00
1:15	2:30	3:45	5:00	6:15	12:30	18:45	25:00	31:15	37:30
1:20	2:40	4:00	5:20	6:40	13:20	20:00	26:40	33:20	40:00
1:25	2:50	4:15	5:40	7:05	14:10	21:15	28:20	35:25	42:30
1:30	3:00	4:30	6:00	7:30	15:00	22:30	30:00	37:30	45:00
1:35	3:10	4:45	6:20	7:55	15:50	23:45	31:40	39:35	47:30
1:40	3:20	5:00	6:40	8:20	16:40	25:00	33:20	41:40	50:00
1:45	3:30	5:15	7:00	8:45	17:30	26:15	35:00	43:45	52:30
1:50	3:40	5:30	7:20	9:10	18:20	27:30	36:40	45:50	55:00
1:55	3:50	5:45	7:40	9:35	19:10	28:45	38:20	47:55	57:30
2:00	4:00	6:00	8:00	10:00	20:00	30:00	40:00	50:00	60:00
2:05	4:10	6:15	8:20	10:25	20:50	31:15	41:40	52:05	62:30
2:10	4:20	6:30	8:40	10:50	21:40	32:30	43:20	54:10	65:00
2:15	4:30	6:45	9:00	11:15	22:30	33:45	45:00	56:15	67:30
2:20	4:40	7:00	9:20	11:40	23:20	35:00	46:40	58:20	70:00
2:25	4:50	7:15	9:40	12:05	24:10	36:15	48:20	60:25	72:30
2:30	5:00	7:30	10:00	12:30	25:00	37:30	50:00	62:30	75:00
2:35	5:10	7:45	10:20	12:55	25:50	38:45	51:40	64:35	77:30
2:40	5:20	8:00	10:40	13:20	26:40	40:00	53:20	66:40	80:00
2:45	5:30	8:15	11:00	13:45	27:30	41:15	55:00	68:45	82:30
2:50	5:40	8:30	11:20	14:10	28:20	42:30	56:40	70:50	85:00
2:55	5:50	8:45	11:40	14:35	29:10	43:45	58:20	72:55	87:30
3:00	6:00	9:00	12:00	15:00	30:00	45:00	60:00	75:00	90:00