



PACE YOURSELF

GOAL:	02:10:00	02:30:00	03:00:00	03:30:00	04:00:00	04:30:00	05:00:00	05:30:00	06:00:00	06:30:00	07:00:00	07:30:00	08:00:00
Pace/km	00:03:06	00:03:34	00:04:17	00:05:00	00:05:43	00:06:26	00:07:09	00:07:51	00:08:34	00:09:17	00:10:00	00:10:43	00:11:26
1	00:03:06	00:03:34	00:04:17	00:05:00	00:05:43	00:06:26	00:07:09	00:07:51	00:08:34	00:09:17	00:10:00	00:10:43	00:11:26
5	00:15:29	00:17:51	00:21:26	00:25:00	00:28:34	00:32:09	00:35:43	00:39:17	00:42:51	00:46:26	00:50:00	00:53:34	00:57:09
10	00:30:57	00:35:43	00:42:51	00:50:00	00:57:09	01:04:17	01:11:26	01:18:34	01:25:43	01:32:51	01:40:00	01:47:09	01:54:17
15	00:46:26	00:53:34	01:04:17	01:15:00	01:25:43	01:36:26	01:47:09	01:57:51	02:08:34	02:19:17	02:30:00	02:40:43	02:51:26
20	01:01:54	01:11:26	01:25:43	01:40:00	01:54:17	02:08:34	02:22:51	02:37:09	02:51:26	03:05:43	03:20:00	03:34:17	03:48:34
21	01:05:00	01:15:00	01:30:00	01:45:00	02:00:00	02:15:00	02:30:00	02:45:00	03:00:00	03:15:00	03:30:00	03:45:00	04:00:00
25	01:17:23	01:29:17	01:47:09	02:05:00	02:22:51	02:40:43	02:58:34	03:16:26	03:34:17	03:52:09	04:10:00	04:27:51	04:45:43
30	01:32:51	01:47:09	02:08:34	02:30:00	02:51:26	03:12:51	03:34:17	03:55:43	04:17:09	04:38:34	05:00:00	05:21:26	05:42:51
35	01:48:20	02:05:00	02:30:00	02:55:00	03:20:00	03:45:00	04:10:00	04:35:00	05:00:00	05:25:00	05:50:00	06:15:00	06:40:00
40	02:03:49	02:22:51	02:51:26	03:20:00	03:48:34	04:17:09	04:45:43	05:14:17	05:42:51	06:11:26	06:40:00	07:08:34	07:37:09
42	02:10:00	02:30:00	03:00:00	03:30:00	04:00:00	04:30:00	05:00:00	05:30:00	06:00:00	06:30:00	07:00:00	07:30:00	08:00:00