

TABLE 1 FOR REPEAT & RECOVER - RELEASE 1

Your 1km Time	5 minute distance aim	30 second interval distance
hrs:mins:secs	<i>80% 1km Time Pace</i>	
<00:03:00	1333	183
00:03:10	1263	174
00:03:20	1200	165
00:03:30	1143	157
00:03:40	1091	150
00:03:50	1043	143
00:04:00	1000	138
00:04:10	960	132
00:04:20	923	127
00:04:30	889	122
00:04:40	857	118
00:04:50	828	114
00:05:00	800	110
00:05:10	774	106
00:05:20	750	103
00:05:30	727	100

00:05:40	706	97
00:05:50	686	94
00:06:00	667	92
00:06:30	615	85
00:07:00 +	571	79

TABLE 2 FOR REPEAT & RECOVER - RELEASE 2

Your 1km Time	5 minute distance aim	30 second interval distance	15 second interval distance
hrs:mins:secs	<i>90% 1km Time Pace</i>		
< 00:03:00	1500	183	100
00:03:10	1421	174	95
00:03:20	1350	165	90
00:03:30	1286	157	86
00:03:40	1227	150	82
00:03:50	1174	143	78
00:04:00	1125	138	75
00:04:10	1080	132	72
00:04:20	1038	127	69
00:04:30	1000	122	67
00:04:40	964	118	64

00:04:50	931	114	62
00:05:00	900	110	60
00:05:10	871	106	58
00:05:20	844	103	56
00:05:30	818	100	55
00:05:40	794	97	53
00:05:50	771	94	51
00:06:00	750	92	50
00:06:30	692	85	46
00:07:00 +	643	79	43