

Estimated Pacing Chart

Name	Group	3k	3k pace per 200	1.5k	1.5k pace per 200	1.5k pace per 300	800	800 pace per 200	400	400 pace per 200
Logan P	Long	9:30	38	4:24	35.5	53	2:05	31.2	55	27.5
Ethan	Long	10:30	42	4:45	38	57	2:12	33	55	27.5
Keegan	Long/Short	11:15	45	4:50	39	58	2:16	34	63	31.5
Logan M	Long/Short	11:40	46.5	5:15	42	63	2:25	36	60	30
Griff	Short	12:00	48	5:25	43.5	65	2:30	37.5	63	31.5
Askia	Short	10:30	42	4:40	37.5	56	2:08	32	54	27
Addy Slay	Short	12:40	51	5:55	47.5	71	2:50	42.5	70	35
Reyna	Long/Short	11:50	47	5:25	43.5	65	2:35	39	66	33
Ellie	Long	12:20	49.5	5:40	45.5	68	2:45	41	75	37.5
Hanny	Long/Short	13:15	53	6:05	48.5	72.5	2:55	44	70	35
Presley	Short	13:15	53	6:05	48.5	72.5	2:55	44	72	36
Elise	Short	13:40	55	6:20	50.5	75.5	3:04	46	78	39
Ava	Short	13:40	55	6:20	50.5	75.5	3:04	46	66	33
Cianna	Long/Short	13:40	55	6:20	50.5	75.5	3:04	46	80	40
Maddy	Long	11:00	44	5:15	42	63	2:30	37.5	66	33
Pheonix	Long	11:25	45.5	5:20	43	64.5	2:35	39	70	35

Note: For 600m pace, subtract 1.5 to 2 seconds per 200m from 800m pace

These are my best guesses as of early January. On a given night, you may be faster or slower than these times. They are meant to provide a guide to how fast you should be running your workouts. You should strive to run each rep at close to the same time with your last one a bit quicker than the average.

You'll need to do the math, kids.

For example, if Addy Slaymaker were to do 600m repeats at 1500m pace, she'd be running her 600s in 2:21.5 (3 x 200m x 47.5), or if Logan P were to do 1000m repeats at 3k pace, he'd be running his 1000m reps in 3:10 (5 x 200m x 38)