



## 1' Run & 30" Jog @ 95% & 60% MAS

### 1' Run @ 90% MAS

Group	Distance (m)	Pace (m/km)	Speed (km/h)
Group A+	312	3:11	18.8
Group A	300	3:18	18.1
Group B	288	3:27	17.4
Group C	282	3:34	16.7
Group D	270	3:44	16.1
Group E	258	3:53	15.4

### 30" @ 60% MAS

Group	Distance (m)	Pace (m/km)	Speed (km/h)
Group A+	99	5:03	11.8
Group A	95	5:15	11.4
Group B	91	5:27	11
Group C	88	5:40	10.6
Group D	82	5:54	10.2
Group E	81	6:10	9.7

