



2' Run & 1' Jog @ 90% & 60% MAS

2' Run @ 90% MAS

Group	Distance (m)	Pace (m/km)	Speed (km/h)
Group A+	600	3:20	18
Group A	576	3:28	17.3
Group B	552	3:37	16.6
Group C	528	3:47	15.8
Group D	504	3:58	15.1
Group E	493	4:04	14.8

1' @ 60% MAS

Group	Distance (m)	Pace (m/km)	Speed (km/h)
Group A+	198	5:03	11.8
Group A	191	5:15	11.4
Group B	183	5:27	11
Group C	177	5:40	10.6
Group D	163	5:54	10.2
Group E	162	6:10	9.7

