



Track Pace Chart to Achieve a Desired Performance Target

Training Distance **10** Kilometres

Target Time	Lap Time					
	100%	75%	80%	85%	90%	95%
0:39:00	01:33	02:04	01:57	01:50	01:44	01:38
0:39:45	01:35	02:07	01:59	01:52	01:46	01:40
0:40:30	01:37	02:09	02:01	01:54	01:48	01:42
0:41:15	01:39	02:12	02:03	01:56	01:50	01:44
0:42:00	01:40	02:14	02:06	01:58	01:52	01:46
0:42:45	01:42	02:16	02:08	02:00	01:54	01:48
0:43:30	01:44	02:19	02:10	02:02	01:56	01:49
0:44:15	01:46	02:21	02:12	02:04	01:58	01:51
0:45:00	01:48	02:24	02:15	02:07	02:00	01:53
0:45:45	01:49	02:26	02:17	02:09	02:02	01:55
0:46:30	01:51	02:28	02:19	02:11	02:04	01:57
0:47:15	01:53	02:31	02:21	02:13	02:06	01:59
0:48:00	01:55	02:33	02:24	02:15	02:08	02:01
0:48:45	01:57	02:36	02:26	02:17	02:10	02:03
0:49:30	01:58	02:38	02:28	02:19	02:12	02:05
0:50:15	02:00	02:40	02:30	02:21	02:14	02:06
0:51:00	02:02	02:43	02:33	02:24	02:16	02:08
0:51:45	02:04	02:45	02:35	02:26	02:18	02:10
0:52:30	02:06	02:48	02:37	02:28	02:20	02:12
0:53:15	02:07	02:50	02:39	02:30	02:22	02:14
0:54:00	02:09	02:52	02:42	02:32	02:24	02:16
0:54:45	02:11	02:55	02:44	02:34	02:26	02:18
0:55:30	02:13	02:57	02:46	02:36	02:28	02:20
0:56:15	02:15	03:00	02:48	02:38	02:30	02:22
0:57:00	02:16	03:02	02:51	02:40	02:32	02:24
0:57:45	02:18	03:04	02:53	02:43	02:34	02:25
0:58:30	02:20	03:07	02:55	02:45	02:36	02:27
0:59:15	02:22	03:09	02:57	02:47	02:38	02:29
1:00:00	02:24	03:12	03:00	02:49	02:40	02:31
1:00:45	02:25	03:14	03:02	02:51	02:42	02:33