

February 20 Pace Targets

1600	3200	400 Pace Target (CV)	800 Pace Target (CV)
4:40	10:00	78-81	2:40-2:45
4:55	10:30	82-85	2:45-2:52
5:10	11:00	86-89	2:53-3:00
5:25	11:30	90-93	3:00-3:08
5:40	12:00	94-96	3:08-3:15
5:55	12:30	97-1:40	3:16-3:22
6:05	13:00	1:41-1:44	3:23-3:30
6:20	13:30	1:45-1:50	3:31-3:39

+ 6x(30-30)