

Workout Times Based Upon Goal 400m Time

Goal	70%	71%	72%	73%	74%	75%	76%	77%	78%	79%	80%	81%	82%	83%	84%
47	67.1	66.2	65.3	64.4	63.5	62.7	61.8	61.0	60.3	59.5	58.8	58.0	57.3	56.6	56.0
48	68.6	67.6	66.7	65.8	64.9	64.0	63.2	62.3	61.5	60.8	60.0	59.3	58.5	57.8	57.1
49	70.0	69.0	68.1	67.1	66.2	65.3	64.5	63.6	62.8	62.0	61.3	60.5	59.8	59.0	58.3
50	71.4	70.4	69.4	68.5	67.6	66.7	65.8	64.9	64.1	63.3	62.5	61.7	61.0	60.2	59.5
51	72.9	71.8	70.8	69.9	68.9	68.0	67.1	66.2	65.4	64.6	63.8	63.0	62.2	61.4	60.7
52	74.3	73.2	72.2	71.2	70.3	69.3	68.4	67.5	66.7	65.8	65.0	64.2	63.4	62.7	61.9
53	75.7	74.6	73.6	72.6	71.6	70.7	69.7	68.8	67.9	67.1	66.3	65.4	64.6	63.9	63.1
54	77.1	76.1	75.0	74.0	73.0	72.0	71.1	70.1	69.2	68.4	67.5	66.7	65.9	65.1	64.3
55	78.6	77.5	76.4	75.3	74.3	73.3	72.4	71.4	70.5	69.6	68.8	67.9	67.1	66.3	65.5
56	80.0	78.9	77.8	76.7	75.7	74.7	73.7	72.7	71.8	70.9	70.0	69.1	68.3	67.5	66.7
57	81.4	80.3	79.2	78.1	77.0	76.0	75.0	74.0	73.1	72.2	71.3	70.4	69.5	68.7	67.9
58	82.9	81.7	80.6	79.5	78.4	77.3	76.3	75.3	74.4	73.4	72.5	71.6	70.7	69.9	69.0
59	84.3	83.1	81.9	80.8	79.7	78.7	77.6	76.6	75.6	74.7	73.8	72.8	72.0	71.1	70.2
60	85.7	84.5	83.3	82.2	81.1	80.0	78.9	77.9	76.9	75.9	75.0	74.1	73.2	72.3	71.4
61	87.1	85.9	84.7	83.6	82.4	81.3	80.3	79.2	78.2	77.2	76.3	75.3	74.4	73.5	72.6
62	88.6	87.3	86.1	84.9	83.8	82.7	81.6	80.5	79.5	78.5	77.5	76.5	75.6	74.7	73.8
63	90.0	88.7	87.5	86.3	85.1	84.0	82.9	81.8	80.8	79.7	78.8	77.8	76.8	75.9	75.0
64	91.4	90.1	88.9	87.7	86.5	85.3	84.2	83.1	82.1	81.0	80.0	79.0	78.0	77.1	76.2
65	92.9	91.5	90.3	89.0	87.8	86.7	85.5	84.4	83.3	82.3	81.3	80.2	79.3	78.3	77.4

Goal	85%	86%	87%	88%	89%	90%	91%	92%	93%	94%	95%	96%	97%	98%	99%
47	55.3	54.7	54.0	53.4	52.8	52.2	51.6	51.1	50.5	50.0	49.5	49.0	48.5	48.0	47.5
48	56.5	55.8	55.2	54.5	53.9	53.3	52.7	52.2	51.6	51.1	50.5	50.0	49.5	49.0	48.5
49	57.6	57.0	56.3	55.7	55.1	54.4	53.8	53.3	52.7	52.1	51.6	51.0	50.5	50.0	49.5
50	58.8	58.1	57.5	56.8	56.2	55.6	54.9	54.3	53.8	53.2	52.6	52.1	51.5	51.0	50.5
51	60.0	59.3	58.6	58.0	57.3	56.7	56.0	55.4	54.8	54.3	53.7	53.1	52.6	52.0	51.5
52	61.2	60.5	59.8	59.1	58.4	57.8	57.1	56.5	55.9	55.3	54.7	54.2	53.6	53.1	52.5
53	62.4	61.6	60.9	60.2	59.6	58.9	58.2	57.6	57.0	56.4	55.8	55.2	54.6	54.1	53.5
54	63.5	62.8	62.1	61.4	60.7	60.0	59.3	58.7	58.1	57.4	56.8	56.3	55.7	55.1	54.5
55	64.7	64.0	63.2	62.5	61.8	61.1	60.4	59.8	59.1	58.5	57.9	57.3	56.7	56.1	55.6
56	65.9	65.1	64.4	63.6	62.9	62.2	61.5	60.9	60.2	59.6	58.9	58.3	57.7	57.1	56.6
57	67.1	66.3	65.5	64.8	64.0	63.3	62.6	62.0	61.3	60.6	60.0	59.4	58.8	58.2	57.6
58	68.2	67.4	66.7	65.9	65.2	64.4	63.7	63.0	62.4	61.7	61.1	60.4	59.8	59.2	58.6
59	69.4	68.6	67.8	67.0	66.3	65.6	64.8	64.1	63.4	62.8	62.1	61.5	60.8	60.2	59.6
60	70.6	69.8	69.0	68.2	67.4	66.7	65.9	65.2	64.5	63.8	63.2	62.5	61.9	61.2	60.6
61	71.8	70.9	70.1	69.3	68.5	67.8	67.0	66.3	65.6	64.9	64.2	63.5	62.9	62.2	61.6
62	72.9	72.1	71.3	70.5	69.7	68.9	68.1	67.4	66.7	66.0	65.3	64.6	63.9	63.3	62.6
63	74.1	73.3	72.4	71.6	70.8	70.0	69.2	68.5	67.7	67.0	66.3	65.6	64.9	64.3	63.6
64	75.3	74.4	73.6	72.7	71.9	71.1	70.3	69.6	68.8	68.1	67.4	66.7	66.0	65.3	64.6
65	76.5	75.6	74.7	73.9	73.0	72.2	71.4	70.7	69.9	69.1	68.4	67.7	67.0	66.3	65.7