



# CROSSFIT ENDURANCE

## Pace Chart for Short and Long Interval Workouts

Group A								
200m	300m	400m	600m	800m	1000m	1200m	1 mile	
0:29-0:31	0:47- 0:50	1:08-1:11	1:40-1:49	2:15-2:30	3:16-3:15	3:58-4:20	5:05-5:25	
Group B								
200m	300m	400m	600m	800m	1000m	1200m	1 mile	
0:32-0:33	0:51- 0:54	1:12-1:16	1:50-1:59	2:31-2:50	3:16-3:25	4:21- 4:45	5:26-5:50	
Group C1								
200m	300m	400m	600m	800m	1000m	1200m	1 mile	
0:34-0:35	0:55- 0:59	1:17-1:21	2:00-2:05	2:51-3:00	3:26-3:40	4:46- 4:57	5:51-6:05	
Group C2								
200m	300m	400m	600m	800m	1000m	1200m	1 mile	
0:36- 0:37	0:59-1:02	1:22-1:27	2:06-2:15	3:01- 3:10	3:41- 3:59	4:58- 5:11	6:06-6:20	
Group C3								
200m	300m	400m	600m	800m	1000m	1200m	1 mile	
0:38- 0:40	1:03-1:07	1:28-1:32	2:16-2:25	3:11- 3:19	4:00- 4:20	5:12- 5:20	6:21-6:45	
Group D1								
200m	300m	400m	600m	800m	1000m	1200m	1 mile	
0:41- 0:45	1:08- 1:15	1:33-1:39	2:26-2:38	3:20-3:25	4:21-4:35	5:21- 5:45	6:46-7:20	
Group D2								
200m	300m	400m	600m	800m	1000m	1200m	1 mile	
0:46- 0:48	1:16-1:20	1:40-1:45	2:39- 2:50	3:26- 3:35	4:36- 4:50	5:46- 6:00	7:21-8:10	
Group D4								
200m	300m	400m	600m	800m	1000m	1200m	1 mile	
0:49-0:52	1:21-1:30	1:46-1:52	2:51-3:05	3:36- 3:50	4:51- 5:15	6:01- 6:31	8:11-8:30	
Group E								
200m	300m	400m	600m	800m	1000m	1200m	1 mile	
0:53-0:59	1:31-1:44	1:52-2:02	3:06-3:26	3:51-4:14	5:16-5:45	6:32- 7:15	8:30-9:00	
Group F								
200m	300m	400m	600m	800m	1000m	1200m	1 mile	
>1:00	>1:45	>2:03	>3:27	>4:15	> 5:46	>7:16	>9:00	