

IF YOU DO YOUR HUNDREDS ON:	YOUR INTERVAL FOR:	IS:(IF YOU CAN MAINTAIN YOUR PACE)
1:20	500	6:40
	400	5:20
	300	4:00
	200	2:40
1:30	500	7:30
	400	6:00
	300	4:30
	200	3:00
1:40	500	8:20
	400	6:40
	300	5:00
	200	3:20
1:50	500	9:10
	400	7:20
	300	5:30
	200	3:40
2:00	500	10:00
	400	8:00
	300	6:00
	200	4:00