

MARK LORENZONI

RUNNING COACH

Two Mile Goal/Pace	First 100M	First 200M	First 400M	Last 7 400s
20:00 (10/mile)	40-41	1:17-1:19	2:33-2:35	2:28-2:30
19:30 (9:45/mile)	39-40	1:16-1:17	2:28-2:30	2:24-2:26
19:00 (9:30/mile)	37-39	1:13-1:14	2:25-2:27	2:19-2:22
18:30 (9:15/mile)	36-37	1:12-1:13	2:21-2:23	2:16-2:19
18:00 (9:00/mile)	35-36	1:09-1:12	2:17-2:19	2:12-2:15
17:30 (8:45/mile)	34-35	1:08-1:10	2:13-2:15	2:08-2:11
17:00 (8:30/mile)	33-34	1:05-1:08	2:09-2:11	2:05-2:07
16:30 (8:15/mile)	32-33	1:04-1:06	2:06-2:08	2:00-2:04
16:00 (8:00/mile)	31-32	1:02-1:03	2:02-2:04	1:57-2:00
15:30 (7:45/mile)	30-32	1:01-1:02	1:58-2:00	1:52-1:56
15:00 (7:30/mile)	29-30	57-58	1:54-1:56	1:49-1:52
14:30 (7:15/mile)	28-29	56-57	1:51-1:53	1:46-1:49
14:00 (7:00/mile)	27-28	54-55	1:47-1:49	1:42-1:45
13:30 (6:45/mile)	26-27	52-54	1:43-1:45	1:38-1:41
13:00 (6:30/mile)	25-26	50-52	1:40-1:41	1:35-1:38
12:30 (6:15/mile)	24-26	49-50	1:36-1:38	1:30-1:34
12:00 (6:00/mile)	23-24	47-49	1:32-1:34	1:27-1:30
11:30 (5:45/mile)	22-23	44-46	1:28-1:30	1:23-1:26
11:00 (5:30/mile)	21-22	43-44	1:25-1:27	1:20-1:23