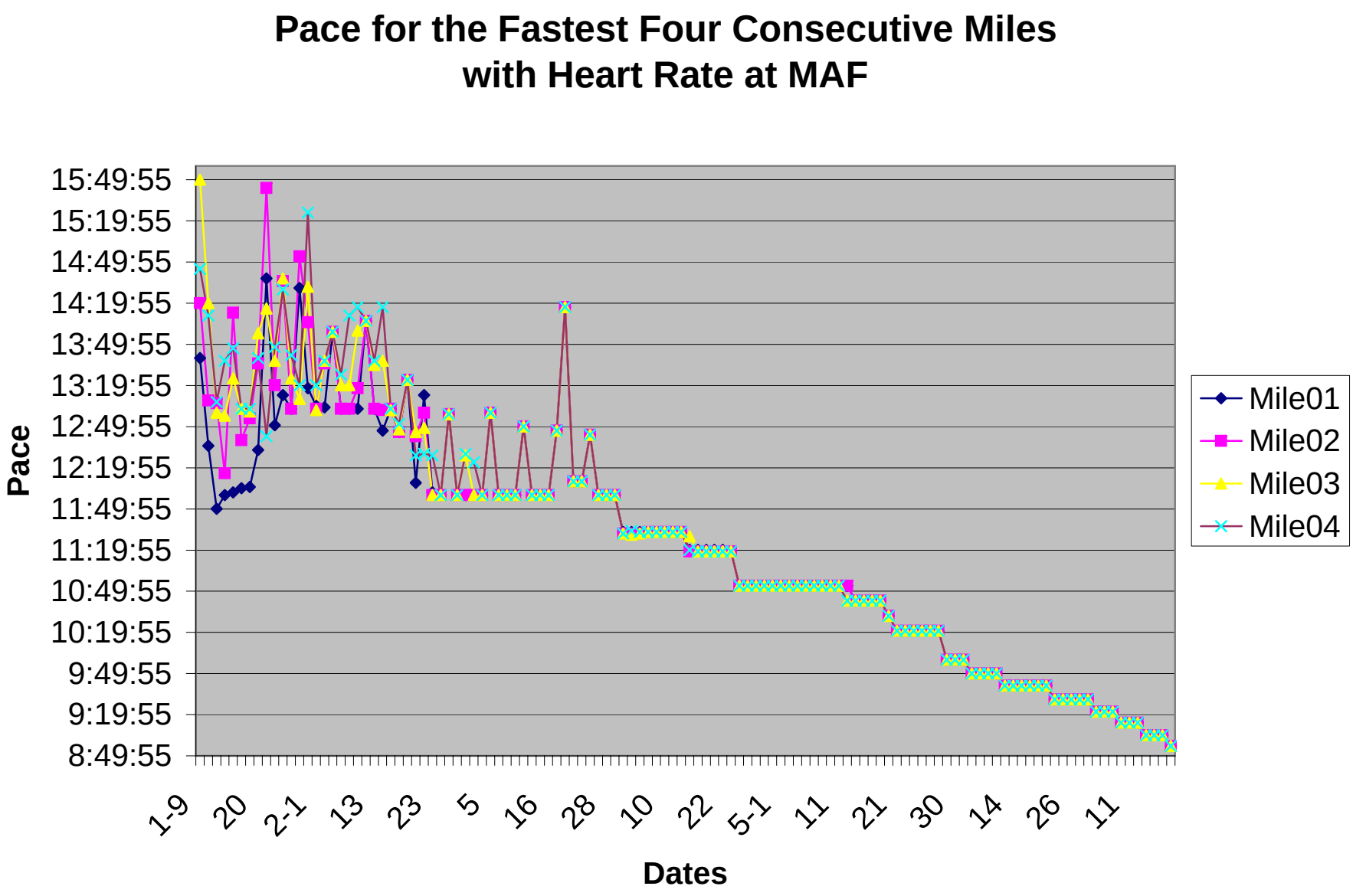
Pace for the Fastest Four Consecutive Miles
with Heart Rate at MAF
Pace
15:49:55
15:19:55
14:49:55
14:19:55
13:49:55
13:19:55
12:49:55
12:19:55
11:49:55
11:19:55
10:49:55
10:19:55
9:49:55
9:19:55
8:49:55
1-9
20
2-1
13
23
5
16
28
10
22
5-1
11
21
30
14
26
11
Dates
Mile01
Mile02
Mile03
Mile04