

# STS Running Calculator

## Speed Interval Workout



Lap	Dist. (km)	Time (m:s)
0	0	0:00:00
1	0.5	0:02:23
2	1.0	0:05:30
3	1.5	0:07:52
4	2.0	0:11:00
5	2.5	0:13:22
6	3.0	0:16:30
7	3.5	0:18:52
8	4.0	0:22:00
9	4.5	0:24:22
10	5.0	0:27:30
11	5.5	0:29:53
12	6.0	0:33:00
13	6.5	0:35:22
14	7.0	0:38:30
15	7.5	0:40:52
16	8.0	0:44:00
17	8.5	
18	9.0	
19	9.5	
20	10.0	
21	10.5	
22	11.0	
23	11.5	
24	12.0	
25	12.5	
26	13.0	
27	13.5	
28	14.0	

Time Trial Speed: **12.66** (K/h)

Time Trial Pace: **04:44** (m:s/K)

Training Distance: **8** (Km)

Lap Dist: **0.5** (Km)

Speed Percent: **100%**

Fast Lap Speed: **12.59** (K/h)

Slow Lap Speed: **9.59** (K/h)

Fast Lap Pace: **04:45** Pace(m:s/K)

Slow Lap Pace: **06:15** Pace(m:s/K)