Table 5.8

2,000m Training Pace Guide							
Current 2,000m Time	Pace		Stroke Rate				
			20-22	22-24	26-28	30-34	36-46
	Seconds	Watts	UT2	UT1	AT	TR	AN
5:40	85	570	1:38.0	1:34.0	1:35.0	≤1:25.0	≥1:22.0
5:44	86	550	1:39.5	1:35.0	1:35.0	≤1:26.0	≥1:23.0
5:48	87	532	1:40.5	1:36.0	1:35.0	≤1:27.0	≥1:24.0
5:52	88	514	1:41.5	1:37.0	1:35.0	≤1:28.0	≥1:25.0
5:56	89	496	1:43.0	1:38.0	1:35.0	≤1:29.0	≥1:26.0
6:00	90	480	1:44.0	1:39.0	1:35.0	≤1:30.0	≥1:27.0
6:04	91	464	1:45.0	1:40.0	1:36.0	≤1:31.0	≥1:28.0
6:08	92	449	1:46.0	1:41.0	1:37.0	≤1:32.0	≥1:29.0
6:12	93	435	1:47.0	1:42.5	1:37.5	≤1:33.0	≥1:30.0
6:16	94	421	1:48.5	1:43.5	1:38.0	≤1:34.0	≥1:31.0
6:20	95	408	1:50.0	1:45.0	1:39.0	≤1:35.0	≥1:32.0
6:24	96	395	1:51.0	1:46.0	1:40.0	≤1:36.0	≥1:33.5
6:28	97	383	1:52.0	1:47.0	1:41.0	≤1:37.0	≥1:35.0
6:32	98	372	1:53.5	1:47.5	1:42.5	≤1:38.0	≥1:36.0
6:36	99	358	1:54.0	1:48.0	1:43.5	≤1:39.0	≥1:37.0
6:40	100	350	1:55.0	1:49.0	1:45.0	≤1:40.0	≥1:38.0
6:44	101	340	1:56.0	1:50.0	1:46.0	≤1:41.0	≥1:38.5
6:48	102	330	1:57.0	1:51.5	1:47.5	≤1:42.0	≥1:39.0
6:52	103	320	1:58.5	1:53.0	1:48.5	≤1:43.0	≥1:40.0
6:56	104	311	2:00.0	1:54.5	1:50.0	≤1:44.0	≥1:41.0
7:00	105	302	2:01.0	1:56.0	1:51.0	≤1:45.0	≥1:42.0
7:04	106	294	2:02.0	1:57.0	1:52.0	≤1:46.0	≥1:43.5
7:08	107	286	2:03.5	1:58.5	1:53.0	≤1:47.0	≥1:44.0
7:12	108	278	2:04.5	2:00.0	1:54.0	≤1:48.0	≥1:45.0
7:16	109	270	2:06.0	2:02.0	1:55.0	≤1:49.0	≥1:46.0
7:20	110	263	2:07.0	2:03.0	1:56.0	≤1:50.0	≥1:47.0
7:24	111	256	2:08.0	2:04.5	1:57.0	≤1:51.0	≥1:48.5
7:28	112	249	2:09.0	2:05.0	1:58.0	≤1:52.0	≥1:49.0
7:32	113	243	2:10.5	2:06.0	1:59.0	≤1:53.0	≥1:49.5
7:36	114	236	2:12.0	2:07.5	2:00.0	≤1:54.0	≥1:50.0
7:40	115	230	2:13.0	2:09.0	2:01.0	≤1:55.0	≥1:51.0
7:44	116	224	2:14.0	2:10.0	2:02.0	≤1:56.0	≥1:52.5
7:48	117	219	2:15.0	2:11.0	2:03.0	≤1:57.0	≥1:54.0
7:52	118	213	2:16.0	2:12.0	2:04.0	≤1:58.0	≥1:55.0
7:56	119	208	2:17.0	2:13.0	2:05.0	≤1:59.0	≥1:56.0
8:00	120	203	2:18.0	2:14.0	2:07.0	≤2:00.0	≥1:57.0
8:04	121	198	2:19.0	2:15.0	2:08.0	≤2:01.0	≥1:58.0
8:08	122	193	2:20.0	2:16.0	2:09.0	≤2:02.0	≥1:59.0
8:12	123	188	2:21.5	2:17.0	2:10.0	≤2:03.0	≥1:59.5
8:16	124	184	2:23.0	2:18.0	2:11.0	≤2:04.0	≥2:00.0
8:20	125	179	2:24.0	2:19.0	2:12.0	≤2:05.0	≥2:01.0
8:24	126	175	2:25.0	2:20.0	2:13.0	≤2:06.0	≥2:02.0
8:28	127	171	2:26.0	2:21.0	2:14.0	≤2:07.0	≥2:03.0
8:32	128	167	2:27.5	2:22.0	2:15.0	≤2:08.0	≥2:04.0
8:36	129	163	2:29.0	2:23.0	2:16.0	≤2:09.0	≥2:05.0
8:40	130	159	2:30.0	2:24.0	2:17.0	≤2:10.0	≥2:06.0
8:44	131	156	2:31.0	2:25.0	2:18.5	≤2:11.0	≥2:07.0
8:48	132	152	2:32.0	2:26.5	2:20.0	≤2:12.0	≥2:08.0
8:52	133	149	2:33.5	2:28.0	2:21.5	≤2:13.0	≥2:10.0
8:56	134	145	2:35.0	2:29.5	2:23.0	≤2:14.0	≥2:11.5
9:00	135	142	2:36.0	2:31.0	2:25.0	≤2:15.0	≥2:13.0
9:04	136	139	2:37.0	2:31.5	2:25.5	≤2:16.0	≥2:13.5
9:08	137	137	2:38.0	2:32.0	2:27.5	≤2:17.0	≥2:14.0
9:12	138	134	2:39.0	2:32.5	2:28.0	≤2:18.0	≥2:14.5
9:16	139	131	2:40.0	2:33.0	2:28.5	≤2:19.0	≥2:15.0
9:20	140	128	2:41.0	2:33.5	2:29.0	≤2:20.0	≥2:15.5