	30 minutes		pace	interval	total time	average pace
	30:00,0	900	**02:00,0**	30 minutes pace		
		100	**02:00,0**	sprint pace		
1		900	02:00,0	03:36,0	0:03:36,0	02:00,0
2		1.000	**02:00,0**	00:24,0	0:04:00,0	02:00,0
3		1.900	02:00,0	03:36,0	0:07:36,0	02:00,0
4		2.000	**02:00,0**	00:24,0	0:08:00,0	02:00,0
5		2.900	02:00,0	03:36,0	0:11:36,0	02:00,0
6		3.000	**02:00,0**	00:24,0	0:12:00,0	02:00,0
7		3.900	02:00,0	03:36,0	0:15:36,0	02:00,0
8		4.000	**02:00,0**	00:24,0	0:16:00,0	02:00,0
9		4.900	02:00,0	03:36,0	0:19:36,0	02:00,0
10		5.000	**02:00,0**	00:24,0	0:20:00,0	02:00,0
11		5.900	02:00,0	03:36,0	0:23:36,0	02:00,0
12		6.000	**02:00,0**	00:24,0	0:24:00,0	02:00,0
13		6.900	02:00,0	03:36,0	0:27:36,0	02:00,0
14		7.000	**02:00,0**	00:24,0	0:28:00,0	02:00,0
15	400	7.400	02:00,0	01:36,0	0:29:36,0	02:00,0
16	100	7.500	**02:00,0**	00:24,0	0:30:00,0	02:00,0
	400					

	30 minutes		pace	interval	total time	average pace
	30:00,0	900	**02:00,0**	30 minutes pace		
		100	**01:53,0**	sprint pace		
1		900	02:00,0	03:36,0	0:03:36,0	02:00,0
2		1.000	**01:53,0**	00:22,6	0:03:58,6	01:59,3
3		1.900	02:00,0	03:36,0	0:07:34,6	01:59,6
4		2.000	**01:53,0**	00:22,6	0:07:57,2	01:59,3
5		2.900	02:00,0	03:36,0	0:11:33,2	01:59,5
6		3.000	**01:53,0**	00:22,6	0:11:55,8	01:59,3
7		3.900	02:00,0	03:36,0	0:15:31,8	01:59,5
8		4.000	**01:53,0**	00:22,6	0:15:54,4	01:59,3
9		4.900	02:00,0	03:36,0	0:19:30,4	01:59,4
10		5.000	**01:53,0**	00:22,6	0:19:53,0	01:59,3
11		5.900	02:00,0	03:36,0	0:23:29,0	01:59,4
12		6.000	**01:53,0**	00:22,6	0:23:51,6	01:59,3
13		6.900	02:00,0	03:36,0	0:27:27,6	01:59,4
14		7.000	**01:53,0**	00:22,6	0:27:50,2	01:59,3
15	447	7.447	02:00,0	01:47,2	0:29:37,4	01:59,3
16	100	7.547	**01:53,0**	00:22,6	0:30:00,0	01:59,3
	447					