

PRECISION PACING

Your 2K.
Your Pace.

From 250 m sprints to 1K intervals.
Find your 2K time, hit every target.

Know your 2K test time? This poster turns it into a target for every shorter-distance row interval inside your workouts: 250 m, 500 m, 1000 m at the effort the workout calls for.

Find your 2K time on the left. Find the distance and effort in the header. Read the target split. **Hit it.**

Levels • 2K Row Time by Age.

COMPTRAIN FITNESS SCORE · BANDS SHIFT ACROSS AGE BRACKETS

MEN

25-29 REFERENCE SHOWN · MULTI-BRACKET IN LETTER DOC

AGE	BEGINNER	INTERMEDIATE	ADVANCED	ELITE
18-24	7:34 +	6:56 – 7:32	6:30 – 6:55	6:21 – 6:29
25-29	7:23 +	6:46 – 7:21	6:24 – 6:45	6:15 – 6:23
30-34	7:27 +	6:50 – 7:25	6:28 – 6:49	6:19 – 6:27
35-39	7:41 +	7:03 – 7:39	6:40 – 7:02	6:31 – 6:39
40-44	8:07 +	7:26 – 8:05	7:02 – 7:25	6:52 – 7:01
45-49	9:06 +	8:21 – 9:04	7:54 – 8:20	7:43 – 7:53
50-54	10:07 +	9:16 – 10:04	8:46 – 9:15	8:34 – 8:44
55-59	11:32 +	10:35 – 11:29	10:00 – 10:32	9:46 – 9:58
60-64	13:25 +	12:18 – 13:22	11:38 – 12:15	11:22 – 11:37
65-69	16:02 +	14:42 – 15:59	13:54 – 14:39	13:35 – 13:52
70-74	19:57 +	18:18 – 19:52	17:17 – 18:14	16:54 – 17:14

WOMEN

25-29 REFERENCE SHOWN · MULTI-BRACKET IN LETTER DOC

AGE	BEGINNER	INTERMEDIATE	ADVANCED	ELITE
18-24	8:48 +	8:04 – 8:46	7:33 – 8:02	7:23 – 7:32
25-29	8:35 +	7:52 – 8:33	7:26 – 7:51	7:16 – 7:25
30-34	8:40 +	7:57 – 8:38	7:31 – 7:56	7:20 – 7:29
35-39	8:56 +	8:12 – 8:54	7:45 – 8:11	7:34 – 7:43
40-44	9:26 +	8:39 – 9:24	8:10 – 8:38	7:59 – 8:09
45-49	10:35 +	9:43 – 10:33	9:11 – 9:41	8:58 – 9:09
50-54	11:45 +	10:47 – 11:42	10:11 – 10:44	9:57 – 10:10
55-59	13:24 +	12:18 – 13:21	11:38 – 12:15	11:21 – 11:36
60-64	15:36 +	14:18 – 15:33	13:31 – 14:15	13:13 – 13:29
65-69	18:39 +	17:07 – 18:35	16:10 – 17:03	15:48 – 16:07
70-74	23:11 +	21:16 – 23:06	20:06 – 21:12	19:38 – 20:03

Precision Pacing Targets.

FINISH TIMES FOR 250 M · 500 M · 1000 M REPEATS BY 2K TEST RESULT · READ THE CLOCK, NOT THE SPLIT

2K TIME	250 METERS				500 METERS				1000 METERS			
	TEMPO RPE 6-7	RACE RPE 7-8	HARD RPE 9	SPRINT RPE 10	TEMPO RPE 6-7	RACE RPE 7-8	HARD RPE 9	SPRINT RPE 10	TEMPO RPE 6-7	RACE RPE 7-8	HARD RPE 9	SPRINT RPE 10
6:00	47s	45s	42s	38s	1:34	1:30	1:24	1:17	3:07	3:00	2:47	2:33
6:20	49s	48s	44s	40s	1:39	1:35	1:28	1:21	3:18	3:10	2:57	2:42
6:40	52s	50s	47s	43s	1:44	1:40	1:33	1:25	3:28	3:20	3:06	2:50
7:00	55s	53s	49s	45s	1:49	1:45	1:38	1:29	3:38	3:30	3:15	2:59
7:20	57s	55s	51s	47s	1:54	1:50	1:42	1:34	3:49	3:40	3:25	3:07
7:40	1:00	58s	53s	49s	2:00	1:55	1:47	1:38	3:59	3:50	3:34	3:16
8:00	1:02	1:00	56s	51s	2:05	2:00	1:52	1:42	4:10	4:00	3:43	3:24
8:20	1:05	1:03	58s	53s	2:10	2:05	1:56	1:46	4:20	4:10	3:53	3:33
8:40	1:08	1:05	1:00	55s	2:15	2:10	2:01	1:51	4:30	4:20	4:02	3:41
9:00	1:10	1:08	1:03	57s	2:20	2:15	2:06	1:55	4:41	4:30	4:11	3:50
9:20	1:13	1:10	1:05	1:00	2:26	2:20	2:10	1:59	4:51	4:40	4:20	3:58
9:40	1:15	1:13	1:07	1:02	2:31	2:25	2:15	2:03	5:02	4:50	4:30	4:07
10:00	1:18	1:15	1:10	1:04	2:36	2:30	2:20	2:08	5:12	5:00	4:39	4:15
10:20	1:21	1:18	1:12	1:06	2:41	2:35	2:24	2:12	5:22	5:10	4:48	4:24
10:40	1:23	1:20	1:14	1:08	2:46	2:40	2:29	2:16	5:33	5:20	4:58	4:32
11:00	1:26	1:23	1:17	1:10	2:52	2:45	2:33	2:20	5:43	5:30	5:07	4:41
11:20	1:28	1:25	1:19	1:12	2:57	2:50	2:38	2:25	5:54	5:40	5:16	4:49
11:40	1:31	1:28	1:21	1:14	3:02	2:55	2:43	2:29	6:04	5:50	5:26	4:58
12:00	1:34	1:30	1:24	1:17	3:07	3:00	2:47	2:33	6:14	6:00	5:35	5:06
12:20	1:36	1:33	1:26	1:19	3:12	3:05	2:52	2:37	6:25	6:10	5:44	5:15
12:40	1:39	1:35	1:28	1:21	3:18	3:10	2:57	2:42	6:35	6:20	5:53	5:23
13:00	1:41	1:38	1:31	1:23	3:23	3:15	3:01	2:46	6:46	6:30	6:03	5:32
13:20	1:44	1:40	1:33	1:25	3:28	3:20	3:06	2:50	6:56	6:40	6:12	5:40
13:40	1:47	1:43	1:35	1:27	3:33	3:25	3:11	2:54	7:06	6:50	6:21	5:49
14:00	1:49	1:45	1:38	1:29	3:38	3:30	3:15	2:59	7:17	7:00	6:31	5:57

Each cell = the **finish time** you should see on the monitor for that distance & effort. Not a /500m split. The actual elapsed time. Effort: **Tempo** RPE 6-7 · **Race** RPE 7-8 (2K test intensity) · **Hard** RPE 9 · **Sprint** RPE 10