

| <u>500 yard time</u> | <u>Aerobic 50/60% effort</u> | <u>75% effort</u> | <u>Anaerobic 90/100% effort</u> | <u>Cruise Control</u> |
|----------------------|------------------------------|-------------------|---------------------------------|-----------------------|
| 5:00 | 1:10 | 1:05 | 1:00 | 1:15 |
| 5:25 | 1:15 | 1:10 | 1:05 | 1:20 |
| 5:50 | 1:20 | 1:15 | 1:10 | 1:25 |
| 6:15 | 1:25 | 1:20 | 1:15 | 1:30 |
| 6:40 | 1:30 | 1:25 | 1:20 | 1:35 |
| 7:05 | 1:35 | 1:30 | 1:25 | 1:40 |
| 7:30 | 1:40 | 1:35 | 1:30 | 1:45 |
| 7:55 | 1:45 | 1:40 | 1:35 | 1:50 |
| 8:20 | 1:50 | 1:45 | 1:40 | 1:55 |
| 8:45 | 1:55 | 1:50 | 1:45 | 2:00 |
| 9:10 | 2:00 | 1:55 | 1:50 | 2:05 |
| 9:35 | 2:05 | 2:00 | 1:55 | 2:10 |
| 10:00 | 2:10 | 2:05 | 2:00 | 2:15 |
| 10:25 | 2:15 | 2:10 | 2:05 | 2:20 |
| 10:50 | 2:20 | 2:15 | 2:10 | 2:25 |
| 11:15 | 2:25 | 2:20 | 2:15 | 2:30 |
| 11:40 | 2:30 | 2:25 | 2:20 | 2:35 |
| 12:05 | 2:35 | 2:30 | 2:25 | 2:40 |
| 12:30 | 2:40 | 2:35 | 2:30 | 2:45 |