

Workout Type: VO₂Max (for 5K/10K runners)*
Length of Interval: 800 meters
Number of Intervals: 5
Time Between Interval Starts: 7:00
Total Distance: 4000 meters (~2.5 Miles)
Pace Guideline: 5K Race Pace (85% effort)
Workout Theory:

This is the first workout session following the 1M time trial. Pace and total distance are limited and the recovery period is long since athletes are just now being re-introduced (or perhaps just introduced) to speedwork.

| | 1 MILE TIME TRIAL* | | 400m Pace | 800m Time |
|---|--------------------|---------|-----------|-----------|
| A | 4:45 | TO 5:00 | 1:21 | 2:42 |
| B | 5:01 | TO 5:15 | 1:25 | 2:50 |
| C | 5:16 | TO 5:35 | 1:29 | 2:58 |
| D | 5:36 | TO 6:00 | 1:35 | 3:10 |
| E | 6:01 | TO 6:20 | 1:41 | 3:22 |
| F | 6:21 | TO 6:50 | 1:48 | 3:36 |
| G | 6:51 | TO 7:25 | 1:57 | 3:54 |
| H | 7:26 | TO 8:05 | 2:07 | 4:14 |
| I | 8:06 | TO 8:50 | 2:18 | 4:36 |
| J | 8:51 | TO 9:50 | 2:32 | 5:04 |
| K | 9:51 | + | 2:49 | 5:38 |

Faster pacing is permitted if recovery can still be achieved before the next interval. Ideally, the recovery should [1] allow your heart rate to fall below 65% of its maximum and [2] permit you to run each interval as fast as the previous interval.

*If you are using the Summer Speedwork sessions to prepare for a fall half marathon or marathon, drop down to a group that permits you to jog slowly during the recovery periods. Start by dropping down one group and adjust, if necessary.