

**Workout Type:** VO<sub>2</sub>Max\*  
**Length of Interval:** 1200 meters  
**Number of Intervals:** 4  
**Time Between Interval Starts:** 9:00  
**Total Distance:** 4800 meters (~3 Miles)  
**Pace Guideline:** 5K Race Pace (85% effort)

**Workout Theory:** This is an unadulterated VO<sub>2</sub>Max workout. It benefits those training for ALL distances, and is a very safe workout because the effort level is approximately 85%. Use it year-round.

	1 MILE TIME TRIAL		400m Pace	1200m Time
A	4:45	TO 5:00	1:21	4:03
B	5:01	TO 5:15	1:26	4:18
C	5:16	TO 5:35	1:31	4:34
D	5:36	TO 6:00	1:37	4:51
E	6:01	TO 6:20	1:44	5:12
F	6:21	TO 6:50	1:51	5:35
G	6:51	TO 7:25	2:01	6:03
H	7:26	TO 8:05	2:11	6:35
I	8:06	TO 8:50	2:24	7:13
			400m Pace	800m/1200m Times
J	8:51	TO 9:50	2:40	5:20/8:00
K	9:51	TO 11:00	2:59	5:58/8:57

J & K runners may run 800s in order to have enough recovery time between intervals.

\*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.