

Workout Type: VO₂Max
Length of Interval: 400 meters
Number of Intervals: 12
Time Between Clock Starts: 4:00
Total Distance: 4800m (~3 Miles)
Pace Guideline: 75-80%
Workout Theory: Race Intervals

	1 MILE TIME TRIAL		400m Pace	<u>The Rules</u>
A	4:45	TO 5:00	1:10	<p>(1) Using the chart to the left, choose an appropriate goal pace for twelve 400m intervals.</p> <p>(2) Subtract your goal time from 3:00. When the clock hits that time, start your 400m interval.</p> <p>(3) Ideally, all runners should cross the finish line when the clock hits 3:00. If you consistently arrive before or after 3:00, adjust your start time accordingly.</p>
B	5:01	TO 5:15	1:15	
C	5:16	TO 5:35	1:20	
D	5:36	TO 6:00	1:25	
E	6:01	TO 6:20	1:35	
F	6:21	TO 6:50	1:40	
G	6:51	TO 7:25	1:50	
H	7:26	TO 8:05	2:05	
I	8:06	TO 8:50	2:15	
J	8:51	TO 9:50	2:35	
K	9:51	TO 11:00	3:00	