

Workout Type: VO₂Max (w/ a Basic Speed finish)*

Length of Intervals: 1600m - 1200m - 800m - 400m - 200m

Number of Intervals: 5

Time Between Interval Starts: 11:15 - 9:00 - 7:00 - 5:00

Total Distance: 4200 meters (~2.6 Miles)

Effort: 85%

Workout Theory: This is the first workout with multiple distances. Total distance is 200m greater than last week. Finish with two intervals that will improve turnover and stride length.

	1 MILE TIME TRIAL*		1600m Time (400m Pace)	1200m Time (400m Pace)	800m Time (400m Pace)	400m Time	200m Time
A	4:45	TO 5:00	5:50 (1:25)	4:08 (1:21)	2:34 (1:17)	1:09	29s
B	5:01	TO 5:15	6:00 (1:30)	4:18 (1:26)	2:44 (1:22)	1:10	30s
C	5:16	TO 5:35	6:21 (1:35)	4:34 (1:31)	2:54 (1:27)	1:13	31s
D	5:36	TO 6:00	6:45 (1:41)	4:51 (1:37)	3:06 (1:33)	1:18	33s
E	6:01	TO 6:20	7:12 (1:48)	5:12 (1:44)	3:20 (1:40)	1:25	36s
F	6:21	TO 6:50	7:44 (1:56)	5:35 (1:51)	3:35 (1:47)	1:34	39s
G	6:51	TO 7:25	8:21 (2:05)	6:03 (2:01)	3:53 (1:56)	1:43	43s
H	7:26	TO 8:05	9:04 (2:16)	6:35 (2:11)	4:15 (2:08)	1:54	48s
I	8:06	TO 8:50	9:55 (2:29)	7:13 (2:24)	4:41 (2:21)	2:07	55s
J	8:51	TO 9:50	10:56 (2:44)	8:00 (2:40)	5:12 (2:36)	2:23	1:03
K	9:51	TO 11:00	12:12 (3:03)	8:58 (2:49)	5:52 (2:56)	2:45	1:15

*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.

