

Workout Type: Combination Workout (V02Max & Speed)*

Length of Intervals: 4 x 800m; 3 x 400m

Number of Intervals: 7

Total Distance: 4400 meters (~2.75 Miles)

Effort: 70% increasing to 95%

Workout Theory: The early intervals raise the heart rate while leaving fresh legs for the speedier intervals at the end. Total distance is 200m greater than last week.

Wait this long after the last finisher before starting the next interval >>>

	#1	#2	#3	#4	#5	#6	#7	
	30s	1:00	1:00	1:00	2:00	3:00	n/a	
1 MILE TIME TRIAL*	800m Time (400m Pace)	800m Time (400m Pace)	800m Time (400m Pace)	800m Time (400m Pace)	400m Time	400m Time	400m Time	
A	4:45 TO 5:00	3:00 (1:30)	2:54 (1:27)	2:50 (1:25)	2:45 (1:23)	1:07	1:05	1:01
B	5:01 TO 5:15	3:12 (1:36)	3:06 (1:33)	3:00 (1:30)	2:54 (1:27)	1:12	1:10	1:06
C	5:16 TO 5:35	3:24 (1:42)	3:18 (1:39)	3:11 (1:35)	3:05 (1:32)	1:17	1:13	1:09
D	5:36 TO 6:00	3:38 (1:49)	3:31 (1:45)	3:24 (1:42)	3:18 (1:39)	1:20	1:16	1:12
E	6:01 TO 6:20	3:54 (1:57)	3:46 (1:53)	3:39 (1:49)	3:32 (1:46)	1:27	1:22	1:18
F	6:21 TO 6:50	4:12 (2:06)	4:04 (2:02)	3:56 (1:58)	3:49 (1:54)	1:34	1:29	1:24
G	6:51 TO 7:25	4:33 (2:16)	4:24 (2:12)	4:16 (2:08)	4:08 (2:04)	1:43	1:37	1:32
H	7:26 TO 8:05	4:59 (2:29)	4:49 (2:24)	4:39 (2:19)	4:31 (2:15)	1:54	1:47	1:42
I	8:06 TO 8:50	5:29 (2:44)	5:18 (2:39)	5:08 (2:34)	4:58 (2:29)	2:07	2:00	1:53
J	8:51 TO 9:50	6:06 (3:03)	5:54 (2:57)	5:43 (2:51)	5:32 (2:46)	2:23	2:15	2:08
K	9:51 TO 11:00	6:53 (3:26)	6:39 (3:19)	6:26 (3:13)	6:14 (3:07)	2:45	2:36	2:27

*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.