

**Workout Type: Combination Workout (VO2Max & Speed)\***

**Length of Intervals: 400m-600m-800m-1200m-800m-600m-400m**

**Number of Intervals: 7**

**Total Distance: 4800 meters (~3 Miles)**

**Effort: 80-85%**

**Workout Theory:** This is a pyramid-style VO2Max workout sandwiched between two "basic speed" quarter mile intervals.

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

			#1	#2	#3	#4	#5	#6	#7
			90s	90s	90s	90s	90s	90s	n/a
1 MILE TIME TRIAL			400m Time	600m Time (400m Pace)	800m Time (400m Pace)	1200m Time (400m Pace)	800m Time (400m Pace)	600m Time (400m Pace)	400m Time
A	<b>4:45</b>	TO <b>5:00</b>	1:07	1:49 (1:13)	2:36 (1:18)	4:06 (1:22)	2:36 (1:18)	1:49 (1:13)	1:07
B	<b>5:01</b>	TO <b>5:15</b>	1:12	1:57 (1:18)	2:49 (1:24)	4:26 (1:28)	2:49 (1:24)	1:57 (1:18)	1:12
C	<b>5:16</b>	TO <b>5:35</b>	1:17	2:05 (1:23)	3:00 (1:30)	4:42 (1:34)	3:00 (1:30)	2:05 (1:23)	1:17
D	<b>5:36</b>	TO <b>6:00</b>	1:23	2:14 (1:29)	3:12 (1:36)	5:00 (1:40)	3:12 (1:36)	2:14 (1:29)	1:23
E	<b>6:01</b>	TO <b>6:20</b>	1:29	2:24 (1:36)	3:26 (1:43)	5:21 (1:47)	3:26 (1:43)	2:24 (1:36)	1:29
F	<b>6:21</b>	TO <b>6:50</b>	1:37	2:36 (1:44)	3:42 (1:51)	5:45 (1:55)	3:42 (1:51)	2:36 (1:44)	1:37
G	<b>6:51</b>	TO <b>7:25</b>	1:46	2:49 (1:52)	4:00 (2:00)	6:14 (2:04)	4:00 (2:00)	2:49 (1:52)	1:46
H	<b>7:26</b>	TO <b>8:05</b>	1:57	3:06 (2:04)	4:22 (2:11)	6:47 (2:15)	4:22 (2:11)	3:06 (2:04)	1:57
I	<b>8:06</b>	TO <b>8:50</b>	2:11	3:26 (2:17)	4:49 (2:24)	7:26 (2:28)	4:49 (2:24)	3:26 (2:17)	2:11
J	<b>8:51</b>	TO <b>9:50</b>	2:28	3:51 (2:34)	5:22 (2:41)	8:15 (2:45)	5:22 (2:41)	3:51 (2:34)	2:28
K	<b>9:51</b>	TO <b>11:00</b>	2:50	4:24 (2:56)	6:03 (3:01)	9:14 (3:04)	6:03 (3:01)	4:24 (2:56)	2:50