

Workout Type: In or Out (VO₂Max + Speed)
Length of Interval: 400m
Number of Intervals: 7 to 12
Time Between Interval Starts: 2:00 after last finisher
Total Distance: 2800m to 4800m
Pace Guideline: 85%+
Workout Description:

	1 MILE TIME TRIAL			400m Pace
A	4:45	TO	5:00	1:15
B	5:01	TO	5:15	1:20
C	5:16	TO	5:35	1:25
D	5:36	TO	6:00	1:30
E	6:01	TO	6:20	1:40
F	6:21	TO	6:50	1:45
G	6:51	TO	7:25	1:55
H	7:26	TO	8:05	2:10
I	8:06	TO	8:50	2:20
J	8:51	TO	9:50	2:40
K	9:51	TO	11:00	3:05

The pace chart to the left provides the 400m times that each pace group should be able to sustain for 12 intervals. During the first six intervals, use the pace chart to settle in on that pace. Beginning with the 7th interval, you must run faster than the previous interval to stay IN. If you run slower than the previous interval, you are OUT. If you don't make it to the 12th interval (and you probably won't), enjoy a longer-than-usual cooldown.

NOTE: Whether you are a 5K racer or marathoner, this workout requires rest recoveries between intervals. Marathoners should not drop a pace group and job between intervals.