

Workout Type: VO₂Max*
Length of Interval: 1000 meters
Number of Intervals: 5
Time Between Interval Starts: 8:30
Total Distance: 5000 meters (~3.1 Miles)
Pace Guideline: slightly slower than 5K pace
Workout Theory:

This is an unadulterated VO₂Max workout. It benefits those training for ALL distances, and is a very safe workout because the effort level is approximately 85%. Use it year-round.

	1 MILE TIME TRIAL		400m Pace	800m Time	1000m Time
A	4:45	TO 5:00	1:20	2:40	3:20
B	5:01	TO 5:15	1:24	2:48	3:30
C	5:16	TO 5:35	1:29	2:58	3:43
D	5:36	TO 6:00	1:35	3:10	3:58
E	6:01	TO 6:20	1:42	3:24	4:15
F	6:21	TO 6:50	1:49	3:38	4:34
G	6:51	TO 7:25	1:58	3:56	4:57
H	7:26	TO 8:05	2:09	4:18	5:24
I	8:06	TO 8:50	2:22	4:44	5:56
J	8:51	TO 9:50	2:38	5:16	6:35
K	9:51	TO 11:00	2:57	5:54	7:24

Slower runners may switch to 800s in order to have enough recovery time between intervals.

*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.