

Workout Type: Combination Workout (VO₂Max & Speed)*

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

Number of Intervals: 6

Total Distance: 4800 meters (~3 Miles)

Effort: 80-85%

Workout Theory: This is an inverted pyramid-style VO₂Max workout w/ two speedier 400s in the middle.

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

			#1	#2	#3	#4	#5	#6	
			90s	90s	90s	90s	90s	90s	
			1200m Time (400m Pace)	800m Time (400m Pace)	400m Time	400m Time	800m Time (400m Pace)	1200m Time (400m Pace)	
A	4:45	TO	5:00	4:09 (1:23)	2:38 (1:19)	1:06	1:06	2:38 (1:19)	4:09 (1:23)
B	5:01	TO	5:15	4:26 (1:28)	2:49 (1:24)	1:10	1:10	2:49 (1:24)	4:26 (1:28)
C	5:16	TO	5:35	4:42 (1:34)	3:00 (1:30)	1:15	1:15	3:00 (1:30)	4:42 (1:34)
D	5:36	TO	6:00	5:00 (1:40)	3:12 (1:36)	1:20	1:20	3:12 (1:36)	5:00 (1:40)
E	6:01	TO	6:20	5:21 (1:47)	3:26 (1:43)	1:27	1:27	3:26 (1:43)	5:21 (1:47)
F	6:21	TO	6:50	5:45 (1:55)	3:42 (1:51)	1:34	1:34	3:42 (1:51)	5:45 (1:55)
G	6:51	TO	7:25	6:14 (2:04)	4:00 (2:00)	1:43	1:43	4:00 (2:00)	6:14 (2:04)
H	7:26	TO	8:05	6:47 (2:15)	4:22 (2:11)	1:54	1:54	4:22 (2:11)	6:47 (2:15)
I	8:06	TO	8:50	7:26 (2:28)	4:49 (2:24)	2:07	2:07	4:49 (2:24)	7:26 (2:28)
J	8:51	TO	9:50	8:15 (2:45)	5:22 (2:41)	2:23	2:23	5:22 (2:41)	8:15 (2:45)
K	9:51	TO	11:00	9:14 (3:04)	6:03 (3:01)	2:45	2:45	6:03 (3:01)	9:14 (3:04)

*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.