

Workout Type: Speed
Length of Interval: 200 meters
Number of Intervals: 13
Time Between Interval Starts: 200 meter jog/walk
Total Distance: 2600m hard; 5K total
Pace Guideline: slightly faster than mile pace
Workout Theory:

This classic workout is known as "Wind Sprints." It develops basic speed and lactate clearance. Run the hard 200s just fast enough to "feel the burn".

	1 MILE TIME TRIAL			200m Pace
A	4:45	TO	5:00	31s
B	5:01	TO	5:15	33s
C	5:16	TO	5:35	35s
D	5:36	TO	6:00	38s
E	6:01	TO	6:20	41s
F	6:21	TO	6:50	45s
G	6:51	TO	7:25	49s
H	7:26	TO	8:05	55s
I	8:06	TO	8:50	62s
J	8:51	TO	9:50	72s
K	9:51	TO	11:00	85s

Start and finish with a hard 200m. Jog/walk the 200m recoveries.