

Handicapped 400s

12 x 400 meters

The goal is to have all runners finish at the same time: 4:00 ON THE CLOCK. To accomplish that, everyone needs to find the start time that works for them. The listed Start Times are only guidelines. The clock is restarted when the last runner finishes.



Fall Race Goal Time					Goal	Start Time
5K	10K	10M	13.1M	26.2M	400m	
16:00	33:15	56:00	1:14:45	2:37:15	1:06	2:54
17:00	35:45	59:30	1:19:30	2:47:30	1:09	2:51
18:00	38:00	1:03:15	1:24:30	2:58:00	1:15	2:45
19:00	40:00	1:06:45	1:29:15	3:08:30	1:22	2:38
20:00	42:15	1:10:30	1:34:15	3:19:00	1:29	2:31
21:00	44:15	1:14:00	1:39:00	3:29:30	1:38	2:22
22:00	46:30	1:17:45	1:44:00	3:40:15	1:47	2:13
23:00	48:45	1:21:30	1:49:00	3:51:00	1:58	2:02
24:00	50:45	1:25:00	1:54:00	4:01:45	2:08	1:52
25:00	53:00	1:28:45	1:59:00	4:12:30	2:19	1:41
26:00	55:15	1:32:30	2:04:00	4:23:30	2:33	1:27
27:00	57:15	1:36:15	2:09:00	4:34:30	2:47	1:13
28:00+	59:30	1:40:00	2:14:00	4:45:30	3:01	0:59

NOTE: Being able to run these interval times does not *predict* the corresponding race performance. Rather, it indicates that your "aerobic plumbing" will not *limit* you from running that time. You must *also* train to have enough endurance and lactic acid clearing capability to meet that goal. Download fleetfeetstl.com/seminars/speedwork.pdf for more information.