

In or Out

8-12 x 400 meters; start every 4 minutes

Everyone will run at least 8 intervals.
Starting with interval number 8, if you do not match or beat your goal time, you are OUT!



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

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.