

Pyramid



400m - 800m - 1200m - 1200m - 800m - 400m

Fall Race Goal Time					400m	800m		120
					Start following interval at 4:00	Start following interval at 7:00		Start follow at 9
5K	10K	10M	13.1M	26.2M	400m	400m	800m	400m
16:00	33:15	56:00	1:14:45	2:37:15	1:02	1:11	2:23	1:15
17:00	35:45	59:30	1:19:30	2:47:30	1:05	1:16	2:32	1:20
18:00	38:00	1:03:15	1:24:30	2:58:00	1:10	1:22	2:45	1:26
19:00	40:00	1:06:45	1:29:15	3:08:30	1:17	1:30	3:00	1:34
20:00	42:15	1:10:30	1:34:15	3:19:00	1:24	1:37	3:15	1:41
21:00	44:15	1:14:00	1:39:00	3:29:30	1:32	1:46	3:32	1:50
22:00	46:30	1:17:45	1:44:00	3:40:15	1:41	1:54	3:49	1:59
23:00	48:45	1:21:30	1:49:00	3:51:00	1:50	2:04	4:09	2:09
24:00	50:45	1:25:00	1:54:00	4:01:45	2:00	2:13	4:27	2:18
25:00	53:00	1:28:45	1:59:00	4:12:30	2:11	2:24	4:49	2:28
					These groups will substitute 800s >			400m
26:00	55:15	1:32:30	2:04:00	4:23:30	2:25	2:37	5:15	2:37
27:00	57:15	1:36:15	2:09:00	4:34:30	2:37	2:49	5:38	2:49
28:00+	59:30	1:40:00	2:14:00	4:45:30	2:50	3:01	6:03	3:01

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



10m
ing interval :45
1200m
3:47
4:01
4:20
4:42
5:04
5:31
5:57
6:27
6:55
7:26
800m
5:15
5:38
6:03

ur "aerobic
ability to