

# Step-Down



**2 x 1200m; 2 x 800m; 2 x 400m**

Fall Race Goal Time					1220m		800m		400m
					Start following interval at 9:45		Start following interval at 7:00		Start following interval at 4:00
5K	10K	10M	13.1M	26.2M	400m	1200m	400m	800m	400m
16:00	33:15	56:00	1:14:45	2:37:15	1:15	<b>3:47</b>	1:11	<b>2:23</b>	<b>1:02</b>
17:00	35:45	59:30	1:19:30	2:47:30	1:20	<b>4:01</b>	1:16	<b>2:32</b>	<b>1:05</b>
18:00	38:00	1:03:15	1:24:30	2:58:00	1:26	<b>4:20</b>	1:22	<b>2:45</b>	<b>1:10</b>
19:00	40:00	1:06:45	1:29:15	3:08:30	1:34	<b>4:42</b>	1:30	<b>3:00</b>	<b>1:17</b>
20:00	42:15	1:10:30	1:34:15	3:19:00	1:41	<b>5:04</b>	1:37	<b>3:15</b>	<b>1:24</b>
21:00	44:15	1:14:00	1:39:00	3:29:30	1:50	<b>5:31</b>	1:46	<b>3:32</b>	<b>1:32</b>
22:00	46:30	1:17:45	1:44:00	3:40:15	1:59	<b>5:57</b>	1:54	<b>3:49</b>	<b>1:41</b>
23:00	48:45	1:21:30	1:49:00	3:51:00	2:09	<b>6:27</b>	2:04	<b>4:09</b>	<b>1:50</b>
24:00	50:45	1:25:00	1:54:00	4:01:45	2:18	<b>6:55</b>	2:13	<b>4:27</b>	<b>2:00</b>
25:00	53:00	1:28:45	1:59:00	4:12:30	2:28	<b>7:26</b>	2:24	<b>4:49</b>	<b>2:11</b>
					400m	800m	< These groups will start w/ two 800s		
26:00	55:15	1:32:30	2:04:00	4:23:30	2:37	<b>5:15</b>	2:37	<b>5:15</b>	<b>2:25</b>
27:00	57:15	1:36:15	2:09:00	4:34:30	2:49	<b>5:38</b>	2:49	<b>5:38</b>	<b>2:37</b>
28:00+	59:30	1:40:00	2:14:00	4:45:30	3:01	<b>6:03</b>	3:01	<b>6:03</b>	<b>2:50</b>

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](http://fleetfeetstl.com/seminars/speedwork.pdf) for more information.