

# Thousands

5 x 1000 meters; start every 9 minutes



Fall Race Goal Time					Splits		
5K	10K	10M	13.1M	26.2M	400m	800m	1000m
16:00	33:15	56:00	1:14:45	2:37:15	1:11	2:22	<b>2:58</b>
17:00	35:45	59:30	1:19:30	2:47:30	1:15	2:30	<b>3:09</b>
18:00	38:00	1:03:15	1:24:30	2:58:00	1:22	2:44	<b>3:26</b>
19:00	40:00	1:06:45	1:29:15	3:08:30	1:29	2:58	<b>3:43</b>
20:00	42:15	1:10:30	1:34:15	3:19:00	1:36	3:12	<b>4:01</b>
21:00	44:15	1:14:00	1:39:00	3:29:30	1:45	3:30	<b>4:23</b>
22:00	46:30	1:17:45	1:44:00	3:40:15	1:53	3:46	<b>4:43</b>
23:00	48:45	1:21:30	1:49:00	3:51:00	2:01	4:02	<b>5:04</b>
24:00	50:45	1:25:00	1:54:00	4:01:45	2:12	4:24	<b>5:30</b>
25:00	53:00	1:28:45	1:59:00	4:12:30	2:22	4:44	<b>5:56</b>
These groups will substitute 800s (Start and finish at the clock.) >					400m	800m	
26:00	55:15	1:32:30	2:04:00	4:23:30	2:33	<b>5:06</b>	
27:00	57:15	1:36:15	2:09:00	4:34:30	2:44	<b>5:28</b>	
28:00+	59:30	1:40:00	2:14:00	4:45:30	2:56	<b>5:52</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.