

Wind Sprints

200m Hard / 200m Easy for 5000m

Start and finish with a hard 200m (half a lap). The total workout is 12-1/2 laps.
Don't lose count!



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

Download fleetfeetstl.com/seminars/speedwork.pdf for more information.