

Step-Up



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

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

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.