



## Wednesday Track Session 5. (6x1200m 10k&5k)

10-15mins warmup.

6x1200m - Lap 1+2 @10k, Lap 3 @5k - Packs A, B and C. (6000m)

5x1200m - Lap 1+2 @10k, Lap 3 @5k - Packs D and E. (4800m)

During the session aim for consistent lap splits as would be done on the classic 400's.

Recoveries are rest recovery, however its important to keep moving and re-regulate your breathing ready for the next effort.

See sheet attached for relevant 5k/10k targets and lap times.

*Lee Corbett, UKA Coach in Running Fitness.*

**PACE TABLES**

5k time (mm:ss)	Lap time (mm:ss)
16:00	01:17
16:30	01:19
17:00	01:21
17:30	01:24
18:00	01:26
18:30	01:28
19:00	01:31
19:30	01:33
20:00	01:36
20:30	01:38
21:00	01:40
21:30	01:43
22:00	01:45
22:30	01:48
23:00	01:50
23:30	01:52
24:00	01:55
24:30	01:57
25:00	02:00
25:30	02:02
26:00	02:04
26:30	02:07
27:00	02:09
27:30	02:12
28:00	02:14
28:30	02:16
29:00	02:19
29:30	02:21
30:00	02:24
30:30	02:26
31:00	02:28
31:30	02:31
32:00	02:33
32:30	02:36
33:00	02:38
33:30	02:40
34:00	02:43
34:30	02:45
35:00	02:48

10k time (mm:ss)	Lap time (mm:ss)
32:00	01:17
33:00	01:19
34:00	01:21
35:00	01:24
36:00	01:26
37:00	01:28
38:00	01:31
39:00	01:33
40:00	01:36
41:00	01:38
42:00	01:40
43:00	01:43
44:00	01:45
45:00	01:48
46:00	01:50
47:00	01:52
48:00	01:55
49:00	01:57
50:00	02:00
51:00	02:02
52:00	02:04
53:00	02:07
54:00	02:09
55:00	02:12
56:00	02:14
57:00	02:16
58:00	02:19
59:00	02:21
60:00	02:24

HM time (hh:mm:ss)	Lap time (mm:ss)
01:15	01:25
01:20	01:31
01:25	01:36
01:30	01:42
01:35	01:48
01:40	01:53
01:45	01:59
01:50	02:05
01:55	02:10
02:00	02:16
02:05	02:21
02:10	02:27
02:15	02:33