



Wednesday Track Session 6. (BONDARENKO)

10-15mins warmup.

4 sets of 400, 300, 200, 100 with same distance float recovery (marathon pace, no stopping or walking) - Packs A, B and C. (8000m)

3 sets of 400, 300, 200, 100 with same distance float recovery (marathon pace, no stopping or walking) - Packs D and E. (6000m)

400+300 @5k pace

200+100 @faster than 5k

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

See sheet attached for relevant 5k 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