



Wednesday Track Session 2. (4x800/2x400/4x800)

10-15mins warmup.

4x800m/2x400m/4x800m @target 10k pace with 60secs recovery - Packs A, B and C. (7200m)

3x800m/2x400m/3x800m @target 10k pace with 60secs recovery - Packs D and E. (5600m)

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 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