



Wednesday Track Session 3. (Pyramids)

10-15mins warmup / Cooldown.

Packs A, B and C. (7200m) All efforts @5k pace/lap splits.

- 200m pace (30 seconds recovery)
- 400m (45)
- 600m (60)
- 800m (75)
- 1000m (90)
- 1200m (120)
- 1000m (90)
- 800m (75)
- 600m (60)
- 400m (45)
- 200m

Pack D and E. (5000m) All efforts @5k pace/lap splits.

- 200m @5k pace (30 seconds recovery)
- 400m (60)
- 600m (90)
- 800m (120)
- 1000m (150)
- 800m (120)
- 600m (90)
- 400m (60)
- 200m (30)

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 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