



Summer Mezocycle: 2010

Track Workouts Tuesday Evening 6:00 pm University of Tulsa Track

- 0427 1 mile w-up / 1.5 mile time trial /drills / ½ mile w-down
- 0504 1 mile w-up / 4 x 300m (100m)/ 2 x 400m (200m)/4 x 300m(100m)/ (200m rec.) / ½ mile w-down
- 0511 1 mile w-up / 1200m/ 1000m / 800m /2 x 600m / 400m// (200m rec.) / ½ mile w-down
- 0518 1 mile w-up / 3-4 x 800m (200m)/ 2-4 x 400m(200m)/ rec.) / ½ mile w-down
- 0525 1 mile w-up / 2 x 800m / 4 x 400m / 2 x 800m / 2 x 400m / (200 rec.) ½ mile w-down

- 0601 1 mile w-up / 1600m/1200m/1000m/800m/600m/400m/ (200m rec.) / ½ mile w-down
- 0608 1 mile w-up / 2 x400m / 6-8 x 200m / (200m rec.) ½ mile w-down
- 0615 1 mile w-up / 1200m / 1000m / 2 x 800m / (200m rec.) / ½ mile w-down
- 0622 1 mile w-up / 6-8 x 600m (200m rec.) / ½ mile w-down
- 0629 1 mile w-up / 2 x 800m / 2 x 600m / 2-4 x 400m (200m rec.) / ½ mile w-down

- 0706 1 mile w-up / 3-4 x 1200m (200m rec.) / ½ mile w-down
- 0713 1 mile w-up / 8-10 x 400m / 2-4 x 200m (200m rec.) / ½ mile w-down
- 0720 1 mile w-up / 1200m / 2-3 x 800 (200m rec.) / ½ mile w-down
- 0727 1 mile w-up / 1.5 mile time trial (5:00 min rec.) drills / ½ mile w-down

Track Group Performance Matrix

Performance Predictions for various run distances across training groups (see pace charts)

	1.5 miles	5k	10k	15k
Group 1	< 8:30)	<18:30	<38:50	<0:59:54
Group 2	8:31-9:00	18:31-19:36	38:51-41:07	0:59:55-1:03:25
Group 3A	9:01- 9:30	19:37-20:42	41:08-43:30	1:03:26-1:06:30
Group 3B	9:31-10:00	20:43-21:48	43:31-45:53	1:06:31-1:10:00
Group 3C	10:01-10:30	21:49-22:52	45:54-47:58	1:08:43-1:13:59
Group 4A	10:31-11:10	22:53-24:30	47:59-51:23	1:14:00-1:18:41
Group 4B	11:11-11:50	24:31-25:35	51:24-53:41	1:19:18-1:23:23
Group 4C	11:51-12:40	25:36-27:46	53:42-58:50	1:23:24-1:29:58
Group 5	12:46-13:30	27:46-35:00	58:52-1:13:25	1:29:59-1:35:08
Group 6	13:31- 15:00	35:01-39:28	1:13:26-1:22:00	1:35:09-1:45:52
Group 7	15:01- 20:00	39:29-43:33	1:22:01-1:31:00	1:45:53-2:21:15
Group Walk	>20:00	>43:33	>1:31:00	>2:21:15

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Track Workouts Pace Chart –by David Brennan for Tuesday Night Track – Tulsa Running Club

* Note 5k-15k paces are predicted race performances for those distances all other times are adjusted for multiple repetitions on the track.

Group 1	200m 0:29-0:31	300m 0:47- 0:50	400m 1:08-1:11	600m 1:40-1:49	800m 2:15-2:30	1000m 3:16-3:15	1200m 3:58-4:20	1 mile 5:05-5:25
Group 2	200m 0:32-0:33	300m 0:51- 0:54	400m 1:12-1:16	600m 1:50-1:59	800m 2:31-2:50	1000m 3:16-3:25	1200m 4:21- 4:45	1 mile 5:26-5:50
Group 3A	200m 0:34-0:35	300m 0:55- 0:59	400m 1:17-1:21	600m 2:00-2:05	800m 2:51-3:00	1000m 3:26-3:40	1200m 4:46- 4:57	1 mile 5:51-6:05
Group 3B	200m 0:36- 0:37	300m 0:59-1:02	400m 1:22-1:27	600m 2:06-2:15	800m 3:01- 3:10	1000m 3:41- 3:59	1200m 4:58- 5:11	1 mile 6:06-6:20
Group 3C	200m 0:38- 0:40	300m 1:03-1:07	400m 1:28-1:32	600m 2:16-2:25	800m 3:11- 3:19	1000m 4:00- 4:20	1200m 5:12- 5:20	1 mile 6:21-6:45
Group 4A	200m 0:41- 0:45	300m 01:08- 1:15	400m 1:33-1:39	600m 2:26-2:38	800m 3:20-3:25	1000m 4:21-4:35	1200m 5:21- 5:45	1 mile 6:46-7:20
Group 4B	200m 0:46- 0:48	300m 1:16-1:20	400m 1:40-1:45	600m 2:39- 2:50	800m 3:26- 3:35	1000m 4:36- 4:50	1200m 5:46- 6:00	1 mile 7:21-8:10
Group 4C	200m 49-52	300m 1:21-1:30	400m 1:46-1:52	600m 2:51-3:05	800m 3:36- 3:50	1000m 4:51- 5:15	1200m 6:01- 6:31	1 mile 8:11-8:30
Group 5	200m 0:53-0:59	300m 1:31-1:44	400m 1:52-2:02	600m 3:06-3:26	800m 3:51-4:14	1000m 5:16-5:45	1200m 6:32- 7:15	1 mile 8:30-9:00
Group 6	200m >1:00	300m >1:45	400m >2:03	600m >3:27	800m >4:15	1000m > 5:46	1200m >7:16	1 mile >9:00