

5 X 500 with jog around bend
to start for recovery

2 X 4 X 300 with jog around
the cage to the start for recovery

500M

10K/PACE TARGET 10K/PACE TARGET

31.04/5.00	- 1.28	34.11/5.30	- 1.36
37.18/6.00	- 1.44	40.24/6.30	- 1.53
43.30/7.00	- 2.02	46.37/7.30	- 2.10
49.43/8.00	- 2.19	52.50/8.30	- 2.27
55.56/9.00	- 2.36	59.03/9.30	- 2.44

300M

10K/PACE TARGET 10K/PACE TARGET

31.04/5.00	- 0.51	34.11/5.30	- 0.57
37.18/6.00	- 1.02	40.24/6.30	- 1.07
43.30/7.00	- 1.12	46.37/7.30	- 1.16
49.43/8.00	- 1.23	52.50/8.30	- 1.27
55.56/9.00	- 1.33	59.03/9.30	- 1.36

2 Mins recovery between