

800 Meter Test Runs

800m with 90 seconds jog between reps,

Run each rep at what you perceive to be 10k race pace.

In other words, the pace you think you can maintain for the distance, presuming its a flat course. After the session, take your average split time and dial this into the chart below to find your ideal training splits for 800 meters, 600 meters, 400 meters, 300 meters.

Average split For 800 meters	Target 800m	Target 600m	Target 500m	Target 400m	Target 300m
2.30	2.20	1.43	1.26	1.07	0.48
2.45	2.32	1.53	1.34	1.14	0.54
3.00	2.45	2.04	1.42	1.20	0.59
3.15	3.00	2.13	1.51	1.28	1.04
3.30	3.15	2.23	2.00	1.35	1.08
3.45	3.28	2.33	2.08	1.41	1.13
4.00	3.42	2.43	2.17	1.48	1.18
4.15	3.56	2.54	2.25	1.55	1.23
4.30	4.16	3.07	2.34	2.02	1.28
4.45	4.30	3.18	2.42	2.08	1.32
5.00	4.46	3.30	2.51	2.15	1.38