

26th February 2010 Friday Session

3 x 400m Differentials within 1200m Reps 400m Jog Recoveries

10K/PACE	LAP 1	LAP 2	LAP 3	2ND/1ST+3RD
31.00/5.00	1.17	2.29	3.46	1.12 / 1.17
34.06/5.30	1.24	2.44	4.08	1.20 / 1.24
37.12/6.00	1.32	2.59	4.31	1.27 / 1.32
40.18/6.30	1.43	3.18	5.01	1.35 / 1.43
43.24/7.00	1.49	3.31	5.20	1.42 / 1.49
46.30/7.30	1.56	3.45	5.41	1.49 / 1.56
49.36/8.00	2.05	4.02	6.07	1.57 / 2.05
52.42/8.30	2.12	4.16	6.28	2.04 / 2.12
55.48/9.00	2.20	4.32	6.52	2.12 / 2.20
58.54/9.30	2.27	4.46	7.13	2.19 / 2.27