

5<sup>th</sup> February 2010 Friday Session

# *2000 Meter Helter Skelter*

600-500-400-300-200 Pyramid  
80 seconds recovery allowance

## PACE ABILITY / TARGET TIME

5.00 Minute Miler / 07.06

5.30 Minute Miler / 07.39

6.00 Minute Miler / 08.12

6.30 Minute Miler / 08.46

7.00 Minute Miler / 09.19

7.30 Minute Miler / 09.52

8.00 Minute Miler / 10.26

8.30 Minute Miler / 11.00

9.00 Minute Miler / 11.35

9.30 Minute Miler / 12.10

10.0 Minute Miler / 12.45

3 Minutes recovery between sets