

VO2 MAX SESSION (3 x sets)

800 Metres (@ 10k Pace)
 2 Minutes Recovery
400 Metres (@ 5k Pace)
 1 Minute Recovery
400 Metres (@ 3k Pace)
NO Recovery
800 Metres (@ 5k Pace)

| <u>800M (10K PACE)</u> | | |
|------------------------|-------------------|-------------------|
| 32 mins = 2-34 | 33 mins = 2-38/39 | 34 mins = 2-43/44 |
| 35 mins = 2-48 | 36 mins = 2-53 | 37 mins = 2-58 |
| 38 mins = 3-02/03 | 39 mins = 3-07/08 | 40 mins = 3-12 |
| 41 mins = 3-16/17 | 42 mins = 3-21/22 | 43 mins = 3-27 |
| 44 mins = 3-31/32 | 45 mins = 3-36 | 46 mins = 3-40/41 |

| <u>400M (5K PACE)</u> | | |
|-----------------------|--------------------|---------------------|
| 15-00 = 72 secs | 15-30 = 74/75 secs | 16-00 = 76/77 secs |
| 16-30 = 79/80 secs | 17-00 = 81/82 secs | 17-30 = 84 secs |
| 18-00 = 86/87 secs | 18-30 = 88/89 secs | 19-00 = 91/92 secs |
| 19-30 = 93/94 secs | 20-00 = 96 secs | 20-30 = 97/98 secs |
| 21-00 = 100/01 secs | 21-30 = 103 secs | 22-00 = 105/06 secs |

| <u>400M (3K PACE)</u> | | |
|-----------------------|-----------------|-----------------|
| 8-45 = 70 secs | 9-00 = 72 secs | 9-15 = 74 secs |
| 9-30 = 76 secs | 9-45 = 78 secs | 10-00 = 80 secs |
| 10-15 = 82 secs | 10-30 = 84 secs | 10-45 = 86 secs |
| 11-00 = 88 secs | 11-15 = 90 secs | 11-30 = 92 secs |
| 11-45 = 94 secs | 12-00 = 96 secs | 12-15 = 98 secs |

| <u>800M (5K PACE)</u> | | |
|-----------------------|-----------------|-----------------|
| 15-00 = 2-24 | 15-30 = 2-28/30 | 16-00 = 2-32/34 |
| 16-30 = 2-38/40 | 17-00 = 2-42/44 | 17-30 = 2-48 |
| 18-00 = 2-52/54 | 18-30 = 2-56/58 | 19-00 = 3-02/04 |
| 19-30 = 3-06/08 | 20-00 = 3-12 | 20-30 = 3-14/16 |
| 21-00 = 3-21/22 | 21-30 = 3-26/27 | 22-00 = 3-31/32 |