

# Monday Workout + 2x 400m

All based on 1600m TT Goal

Group Tempo - Progressive Pace

2 x 400m at Prescribed pace

If you are unsure or confused, please ask a question BEFORE we start.

We will expect you to know:

What Group you are in?

How many Laps in your Tempo?

How many 400's you're doing?

What is the pace of the 400's?

## Set #1

Group	# of Laps	1st Pace	2nd pace	3rd Pace	Total Time
1:30 Group	7	3 @ 1:30	2 @ 1:25	2 @ 1:20	10:00
1:35 Group	7	3 @ 1:35	2 @ 1:30	2 @ 1:25	10:35
1:40 Group	7	3 @ 1:40	2 @ 1:35	2 @ 1:30	11:10
1:45 Group	6	2 @ 1:45	2 @ 1:40	2 @ 1:35	10:00
1:50 Group	6	2 @ 1:50	2 @ 1:45	2 @ 1:40	10:30
1:55 Group	6	2 @ 1:55	2 @ 1:50	2 @ 1:45	11:00
2:00 Group	6	2 @ 2:00	2 @ 1:55	2 @ 1:50	11:30
2:10 Group	5	2 @ 2:10	2 @ 2:05	1 @ 2:00	10:30

## Set #2

Group	# of Laps	1st Pace	2nd pace	3rd Pace	Total Time
1:30 Group	6	3 @ 1:25	2 @ 1:20	1 @ 1:15	8:10
1:35 Group	6	3 @ 1:30	2 @ 1:25	1 @ 1:20	8:40
1:40 Group	6	3 @ 1:35	2 @ 1:30	1 @ 1:25	9:10
1:45 Group	5	2 @ 1:40	2 @ 1:35	1 @ 1:30	8:00
1:50 Group	5	2 @ 1:45	2 @ 1:40	1 @ 1:35	8:25
1:55 Group	5	2 @ 1:50	2 @ 1:45	1 @ 1:40	8:50
2:00 Group	5	2 @ 1:55	2 @ 1:50	1 @ 1:45	9:15
2:10 Group	4	2 @ 2:05	1 @ 2:00	1 @ 1:55	8:05

1600m TT Goal	Monday Group	400m Pace
4:30	1:30	1:00
4:40	1:30	1:00
4:50	1:35	1:03
5:00	1:35	1:03
5:10	1:40	1:07
5:20	1:40	1:07
5:30	1:45	1:10
5:40	1:45	1:10
5:50	1:50	1:13
6:00	1:50	1:13
6:10	1:55	1:17
6:20	1:55	1:17
6:30	2:00	1:20
6:40	2:00	1:20
6:50	2:10	1:27
7:00+	2:10	1:27