



Fall Mezocycle: 2007

Track Workouts Tuesday Evening 6:00 pm University of Tulsa Track

- 0724 1 mile w-up / 1 mile (5:00 rec.) / 400m (fast) ½ mile w/down
 0731 1 mile w-up / 6 x 400 / 4 x 200m (200m rec.) / ½ mile w-down
- 0807 1 mile w-up / 1200m/ 1000m / 800m /600m / 400m/ (200m rec.) / ½ mile w-down
 0814 1 mile w-up / 2 x 800m / 2 x 400m / 2 x 800m / 2 x 400m / (200 rec.) ½ mile w-down
 0821 1 mile w-up / 1600m/2 x 800 / 2-4 x 400 (200m rec.) / ½ mile w-down
 0828 1 mile w-up / 10-12 x 200m (200m rec.) ½ mile w-down
- 0904 1 mile w-up / 4 x 1000m (200m rec.) / ½ mile w-down
 0911 1 mile w-up / 6-8 x 600m (200m rec.) / ½ mile w-down
 0918 1 mile w-up / 8-10 x 400m (200m rec.) / ½ mile w-down
 0925 1 mile w-up / 3 x 1600m / 400m (200m rec.) / ½ mile w-down
- 1002 1 mile w-up / 4-6 x 400m / 4-6 x 200m (200m rec.) / ½ mile w-down
 1009 1 mile w-up / 800m/2 x 600m/ 4 x400m / (200m rec.) / ½ mile w-down
 1016 1 mile w-up / 1600m / 1200m / 800m / 600m / 400m / 200m (200m rec.) / ½ mile w-down
 1023 1 mile w/up / 2k at Tulsa Run Pace (400m rec.) / 3 x 200m (200m rec.)

Track Group Performance Matrix

Performance Predictions for various run distances across training groups

	1.5 miles	5k	10k	15k
Group 1	< 8:30)	<18:30	<38:50	<0:59:54
Group 2	8:31-9:00	18:31-19:36	38:51-41:07	0:59:55-1:03:25
Group 3A	9:01- 9:30	19:37-20:42	41:08-43:30	1:03:26-1:06:30
Group 3B	9:31-10:00	20:43-21:48	43:31-45:53	1:06:31-1:10:00
Group 3C	10:01-10:30	21:49-22:52	45:54-47:58	1:08:43-1:13:59
Group 4A	10:31-11:10	22:53-24:30	47:59-51:23	1:14:00-1:18:41
Group 4B	11:11-11:50	24:31-25:35	51:24-53:41	1:19:18-1:23:23
Group 4C	11:51-12:40	25:36-27:46	53:42-58:50	1:23:24-1:29:58
Group 5	12:46-13:30	27:46-35:00	58:52-1:13:25	1:29:59-1:35:08
Group 6	13:31- 15:00	35:01-39:28	1:13:26-1:22:00	1:35:09-1:45:52
Group 7	15:01- 20:00	39:29-43:33	1:22:01-1:31:00	1:45:53-2:21:15
Group Walk	>20:00	>43:33	>1:31:00	>2:21:15

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VO2 MAX AND LACTATE THRESHOLD EVALUATIONS ARE AVAILABLE FOR RUNNERS AND CYCLISTS!