

Time Trials May 2021

Can do a running start

1500m

1200m TT

Do the first 2 laps at a pace that you averaged in one of our recent 1500m pace workout (ie 10 x 400m) or a pace that you feel you could complete a 1500m race in now.

3rd 400m accelerate through lap going at a faster pace then the previous 2 laps.

60-90" rest

300m acceleration, finishing last 50-100m kicking.

800m

600m TT

Do the first 400m at a pace of 1-2" faster than you averaged in one of our recent 800m pace workout (ie 3 x (4x200m)) or a pace that you feel you could complete a 800m race in now.

3rd 200m accelerate through section to maintain pace from the previous 200m.

60-90" rest

200m acceleration, finishing last 50-100m kicking.

3000m

2000m TT

Do the first 4 laps at a pace that you averaged in one of our recent 3000m pace workout (ie 5-7x600/4-6x800) or a pace that you feel you could complete a 3000m race in now.

5th 400m accelerate through lap going at a faster pace then the previous 4 laps.

60-90" rest

200m acceleration, finishing last 50-100m kicking.

400m

300m TT

300m as fast as you can

60"90" rest

100m as fast as you can