

In or Out (8-12 x 400m's)

Everyone runs 7, starting with 8 you must hit your pace or faster, or you're out.

Fall Race Goal Time					400m
5K	10K	10M	13.1M	26.2M	400m
0:16:03	0:33:08	0:55:00	1:14:17	2:37:19	1:03
0:17:05	0:35:13	0:58:20	1:18:39	2:46:03	1:06
0:18:07	0:37:17	1:01:40	1:23:02	2:54:48	1:10
0:19:10	0:39:21	1:05:00	1:27:24	3:03:32	1:17
0:20:12	0:41:25	1:08:20	1:31:46	3:12:16	1:23
0:21:14	0:43:30	1:11:40	1:36:08	3:21:01	1:32
0:22:16	0:45:34	1:15:00	1:40:30	3:29:45	1:41
0:23:18	0:47:38	1:18:20	1:44:53	3:38:29	1:47
0:24:20	0:49:43	1:21:40	1:49:15	3:47:14	1:53
0:25:22	0:51:47	1:25:00	1:53:37	3:55:58	2:00
0:26:24	0:53:51	1:28:20	1:57:59	4:04:43	2:05
0:27:27	0:55:55	1:31:40	2:02:21	4:13:27	2:09
0:28:29	0:58:00	1:35:00	2:06:43	4:22:11	2:13
0:29:31	1:00:04	1:38:20	2:11:06	4:35:18	2:23
0:31:04	1:03:10	1:43:20	2:17:39	4:44:02	2:30
0:32:37	1:06:17	1:48:20	2:24:12	4:57:09	2:37
0:34:11	1:09:23	1:53:20	2:30:45	5:10:15	2:45
0:35:44	1:12:30	1:58:20	2:37:19	5:27:44	2:48
0:37:17	1:15:36	2:03:20	2:43:52	5:40:51	2:54
0:38:50	1:18:42	2:08:20	2:50:25	5:53:57	3:07
0:40:23	1:21:49	2:13:20	2:56:59	6:07:04	3:13