

Step-Ups

2 x 400m; 2 x 800m; 2 x 1200m

Fall Race Goal Time					400m	800m		1200m	
					Start following interval at 4:00	Start following interval at 7:00		Start following interval at 9:45	
5K	10K	10M	13.1M	26.2M	400m	400m	800m	400m	1200m
0:16:03	0:33:08	0:55:00	1:14:17	2:37:19	1:03	1:13	2:27	1:17	3:53
0:17:05	0:35:13	0:58:20	1:18:39	2:46:03	1:06	1:17	2:35	1:21	4:05
0:18:07	0:37:17	1:01:40	1:23:02	2:54:48	1:10	1:22	2:44	1:26	4:18
0:19:10	0:39:21	1:05:00	1:27:24	3:03:32	1:17	1:30	3:00	1:34	4:42
0:20:12	0:41:25	1:08:20	1:31:46	3:12:16	1:23	1:36	3:12	1:40	5:00
0:21:14	0:43:30	1:11:40	1:36:08	3:21:01	1:32	1:46	3:32	1:50	5:31
0:22:16	0:45:34	1:15:00	1:40:30	3:29:45	1:41	1:54	3:49	1:59	5:57
0:23:18	0:47:38	1:18:20	1:44:53	3:38:29	1:47	2:02	4:04	2:06	6:20
0:24:20	0:49:43	1:21:40	1:49:15	3:47:14	1:53	2:07	4:15	2:12	6:38
0:25:22	0:51:47	1:25:00	1:53:37	3:55:58	2:00	2:14	4:28	2:18	6:55
0:26:24	0:53:51	1:28:20	1:57:59	4:04:43	2:05	2:20	4:41	2:26	7:20
0:27:27	0:55:55	1:31:40	2:02:21	4:13:27	2:09	2:25	4:51	2:29	7:27
						These groups will finish w/ 800s >		400m	800m
0:28:29	0:58:00	1:35:00	2:06:43	4:22:11	2:13	2:31	5:02	2:34	5:08
0:29:31	1:00:04	1:38:20	2:11:06	4:35:18	2:23	2:36	5:12	2:38	5:16
0:31:04	1:03:10	1:43:20	2:17:39	4:44:02	2:30	2:42	5:25	2:43	5:26
0:32:37	1:06:17	1:48:20	2:24:12	4:57:09	2:37	2:49	5:39	2:55	5:50
These groups will substitute 400s, with the option of adding 100m to get 500m, walk back to start. >						400m	500m		
0:34:11	1:09:23	1:53:20	2:30:45	5:10:15	2:45	2:56	3:40	3:01	6:02
0:35:44	1:12:30	1:58:20	2:37:19	5:27:44	2:48	3:03	3:48	3:07	6:14
0:37:17	1:15:36	2:03:20	2:43:52	5:40:51	2:54	3:10	3:57	3:14	6:28
0:38:50	1:18:42	2:08:20	2:50:25	5:53:57	3:07	3:17	4:06	3:20	6:40
0:40:23	1:21:49	2:13:20	2:56:59	6:07:04	3:13	3:25	4:16	3:29	6:58