

Spring Mezocycle: 2010

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

- 0126 1 mile w-up / 1.5 mile (5 min rec.) / 400m / ½ mile w-down
- 0202 1 mile w-up / 400m / 4-5 x 800 / 400m (200m rec.) / ½ mile w-down
- 0209 1 mile w-up / 1600 / 1200 / 800 / 400 / (200 rec.) ½ mile w-down
- 0216 1 mile w-up / 4-5 x 1200m (200m rec.) / ½ mile w-down
- 0223 1 mile w-up / 12-14 x 400m / ½ mile w-down
- 0302 1 mile w-up / 4-6 x 1000m (200m rec.) / ½ mile w-down
- 0309 1 mile w-up / 2 x 800m / 3 x 600m / 4 x 400m (200m rec.) / ½ mile w-down
- 0316 1 mile w-up / 1600m / 1200m / 800m / 600m / 400m / 200m (200m rec.) / ½ mile w-down
- 0323 1 mile w-up / 5-6 x 1200m (200m rec.) / 1/2 mile w-down
- 0330 1 mile w-up / 4-6 x 300m (100m rec.) / 400m jog / 4-6 x 300m (100m rec.) / 1 mile w-down
- 0406 1 mile w-up / 3-4 x 1600m / (200m rec.) / ½ mile w-down
- 0413 1 mile w-up / 800m/2 x 600m/ 4 x400m / (200m rec.) / ½ mile w-down
- 0420 1 mile w-up / 3-5 x 1600m (200m rec.) / 1/2 mile w-down
- 0427 Summer Mezocycle Begins – 1.5 mile time trial

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!