



Track Workouts Tuesday 6:00 pm¹ Fall 2020

0728 1mile w-up / 1.5mile time trial (5 min rec.) / 1 x 400m time trial (200m rec.) / ½ mile w-down

0804 1mile w-up / 4 x 400m / 2 x 200m / 4 x 400m / (200m rec.) / ½ mile w-down

0811 1mile w-up / 8-10 x 400m (200m rec.) / ½ mile w-down

0818 1mile w-up / 1200m/ 3 x 800m / 2 x 400m/ (200m rec.) / ½ mile w-down

0825 1mile w-up / 2 x 800m / 2 x 400m / 2 x 800m / (200m rec.) ½ mile w-down

0901 1mile w-up / 1600m/2 x 800m / 2 x 400m / 2 x 200m (200m rec.) / ½ mile w-down

0908 1mile w-up / 4-6 x 800m (200m rec.) ½ mile w-down

0915 1mile w/up / 10-12 x 400m (200m rec.) ½ mile w-down

0922 1mile w-up / 6-8 x 600m (200m rec.) / ½ mile w-down

0929 1mile w-up / 3-4 x 1600m (200m rec.) / ½ mile w-down

1006 1mile w-up /1600m/ 800m/ 4 x 400m (200m rec.) / ½ mile w-down

1013 1mile w/up /1000m/800m/600m/400m/200m (200m rec.) / ½ mile w-down

1020 1mile w-up / 4-6 x 800m (200m rec.) / ½ mile w-down

1027 1mile w-up / 1.5mile time trial (5 min rec.) / 1 x 400m time trial (200m rec.) / ½ mile w-down

¹and 6:00 am for Summer and Fall check with TRC for status!

Track Group Performance Matrix

Performance Predictions for various run distances across estimated training groups (Vo2 Regression)

	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



Running Gait Evaluation and Running and cycling VO2 Max Tests!

For additional information or to schedule an appointment call OU Tulsa Center for Exercise and Sports Medicine or email: David Brennan david-brennan@ouhsc.edu

Track Workouts Pace Chart: Fleet Feet – Tulsa Running Club

* The times below are adjusted for multiple repetitions on the track and do not represent all out single distant performances.

Group 1	200m 0:29-0:31	300m 0:47- 0:50	400m 1:08-1:11	600m 1:40-1:49	800m 2:15-2:30	1000m 3:16-3:15	1200m 3:58-4:20	1 mile 5:05-5:25
Group 2	200m 0:32-0:33	300m 0:51- 0:54	400m 1:12-1:16	600m 1:50-1:59	800m 2:31-2:50	1000m 3:16-3:25	1200m 4:21- 4:45	1 mile 5:26-5:50
Group 3A	200m 0:34-0:35	300m 0:55- 0:59	400m 1:17-1:21	600m 2:00-2:05	800m 2:51-3:00	1000m 3:26-3:40	1200m 4:46- 4:57	1 mile 5:51-6:05
Group 3B	200m 0:36- 0:37	300m 0:59-1:02	400m 1:22-1:27	600m 2:06-2:15	800m 3:01- 3:10	1000m 3:41- 3:59	1200m 4:58- 5:11	1 mile 6:06-6:20
Group 3C	200m 0:38- 0:40	300m 1:03-1:07	400m 1:28-1:32	600m 2:16-2:25	800m 3:11- 3:19	1000m 4:00- 4:20	1200m 5:12- 5:20	1 mile 6:21-6:45
Group 4A	200m 0:41- 0:45	300m 01:08- 1:15	400m 1:33-1:39	600m 2:26-2:38	800m 3:20-3:25	1000m 4:21-4:35	1200m 5:21- 5:45	1 mile 6:46-7:20
Group 4B	200m 0:46- 0:48	300m 1:16-1:20	400m 1:40-1:45	600m 2:39- 2:50	800m 3:26- 3:35	1000m 4:36- 4:50	1200m 5:46- 6:00	1 mile 7:21-8:10
Group 4C	200m 49-52	300m 1:21-1:30	400m 1:46-1:52	600m 2:51-3:05	800m 3:36- 3:50	1000m 4:51- 5:15	1200m 6:01- 6:31	1 mile 8:11-8:30
Group 5	200m 0:53-0:59	300m 1:31-1:44	400m 1:52-2:02	600m 3:06-3:26	800m 3:51-4:14	1000m 5:16-5:45	1200m 6:32- 7:15	1 mile 8:30-9:00
Group 6	200m >1:00	300m >1:45	400m >2:03	600m >3:27	800m >4:15	1000m > 5:46	1200m >:7:16	1 mile >9:00