

Summer Track Workouts 2023

- 0418 1-mile w-up / 1.5-mile Time trial / 5 min recovery / 400m (200m) 1 mile w-down
0425 1-mile w-up / 2 x 800m / 2 x 400m / 4 x 200m / (200m rec.) ½ mile w-down
- 0502 1-mile w-up / 4-6 x 800m (200m) / ½ mile w-down
0509 1-mile w-up / 12-14 x 200m (200 rec.) ½ mile w-down
0516 1-mile w-up / 1000m/800m/600m/4 x 400m / (200m rec.) / ½ mile w-down
0523 1-mile w-up / 6 x 400m / 6 x 200m / (200m rec.) ½ mile w-down
0530 1-mile w-up / 1200m/1000m/800m/600m/400m (200m rec.) / ½ mile w-down
- 0606 1-mile w-up / 5 x 600m/400m (200m rec.) / ½ mile w-down
0613 1-mile w-up / 800m/600m/ 2 x 400m/4 x 200m (200m rec.) / ½ mile w-down
0620 1-mile w-up / 400m/800m/1000m/800m/400m (200m rec.) / ½ mile w-down
0627 1-mile w-up / 14-16 x 400m (200m rec.) / ½ mile w-down
- 0706 1-mile w-up / 6 x 400m/ 6 x 200m (200m rec.) / ½ mile w-down
0713 1-mile w-up / 400/600/1200/600/400/ ½ mile w-down
0720 1-mile w-up / 4 x 300m (100m rec) / 400m jog / 4 x 300m (100m rec.)
0727 1-mile w-up / 1.5-mile Time trial / 5 min recovery / 400m (200m) 1 mile w-down

Track Group Performance Matrix

Performance Predictions for various run distances across training groups based on Vo2 Regression equation:

	1-mile	5k	10k	15k	1/2Marathon
Group 1	< 5:15	<17:38	<36:59	<57:04	< 1:22:10
Group 2	5:16-5:45	17:39-19:18	37:00-40:31	57:05-1:02:30	1:22:11-1:30:00
Group 3A	5:46-6:15	19:19-20:59	40:32-44:02	1:03:31-1:07:56	1:30:01-1:37:49
Group 3B	6:16-6:30	21:00-21:50	44:03-45:48	1:07:57-1:10:39	1:37:50-1:41:44
Group 3C	6:30-6:45	21:51-22:40	45:49-47:34	1:10:40-1:13:22	1:41:45-1:45:39
Group 4A	6:46-7:05	22:41-23:47	47:35-49:55	1:13:23-1:17:00	1:45:40-1:50:52
Group 4B	7:06-7:25	23:48-24:54	49:56-52:16	1:17:01-1:20:37	1:50:53-1:56:05
Group 4C	7:26-7:50	24:55-26:18	52:17-55:12	1:20:38-1:25:09	1:57:06-2:02:35
Group 5	7:51-8:55	26:19-29:57	55:13-1:02:50	1:25:10-1:36:55	2:02:36-2:19:34
Group 6	8:56-10:00	29:58-33:35	1:02:51-1:10:28	1:36:56-1:48:42	2:19:35-2:36:31

OU Human Performance Lab - Gait evaluations, Lactate threshold and VO2 Max test available for runners and cyclists. Special Summer offer \$75

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