



Spring Mezo-cycle: 2023

Track Workouts (Tuesday 6:00pm – University of Tulsa)

- 0110 1 mile w-up / 8-10 x 400m/ (200m rec.) / ½ mile w-down
- 0117 1 mile w-up / 1200m/800m/600m/400m / ½ mile w-down
- 0124 1mile w-up / 1.5 mile (400m rec. / 400m (200m rec.) / ½ mile w-down
- 0131 1mile w-up / 4-6 x 800 (200m rec.) / ½ mile w-down

- 0207 1mile w-up / 1600 /1200 /800 /400 /200 (200 rec.) ½ mile w-down
- 0214 1mile w-up / 4-5 x 1200m (200m rec.) / ½ mile w-down
- 0221 1mile w-up / 10-12 x 400m / ½ mile w-down
- 0228 1mile w-up / 4-5 x 1000m (200m rec.) / ½ mile w-down

- 0307 1mile w-up / 2 x 800m / 3 x 600m / 2 x 400m (200m rec.) / ½ mile w-down
- 0314 1mile w-up / 1600m / 1200m / 800m / 600m / 400m / 200m (200m rec.) / ½ mile w-down
- 0321 1mile w-up / 4-5 x 1200m (200m rec.) / 1/2mile w-down
- 0328 1mile w-up /4-6 x 300m (100m rec.) / 400m jog / 4-6 x 300m (100m rec.) / 1mile w-down

- 0404 1mile w-up / 3 x 1600m / (200m rec.) / ½ mile w-down
- 0411 1mile w-up / 2 x 800m/2 x 600m/ 4 x400m / (200m rec.) / ½ mile w-down
- 0418 Summer Mezo-cycle Begins - 1.5 mile and 400m time trial



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 |

Performance evaluations now available at the Human Performance Lab

VO2 Max and Lactate threshold tests

OU Tulsa Human Performance Lab- David Brennan © all rights reserved 2023

Track Workouts Pace Chart:

* 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 |