

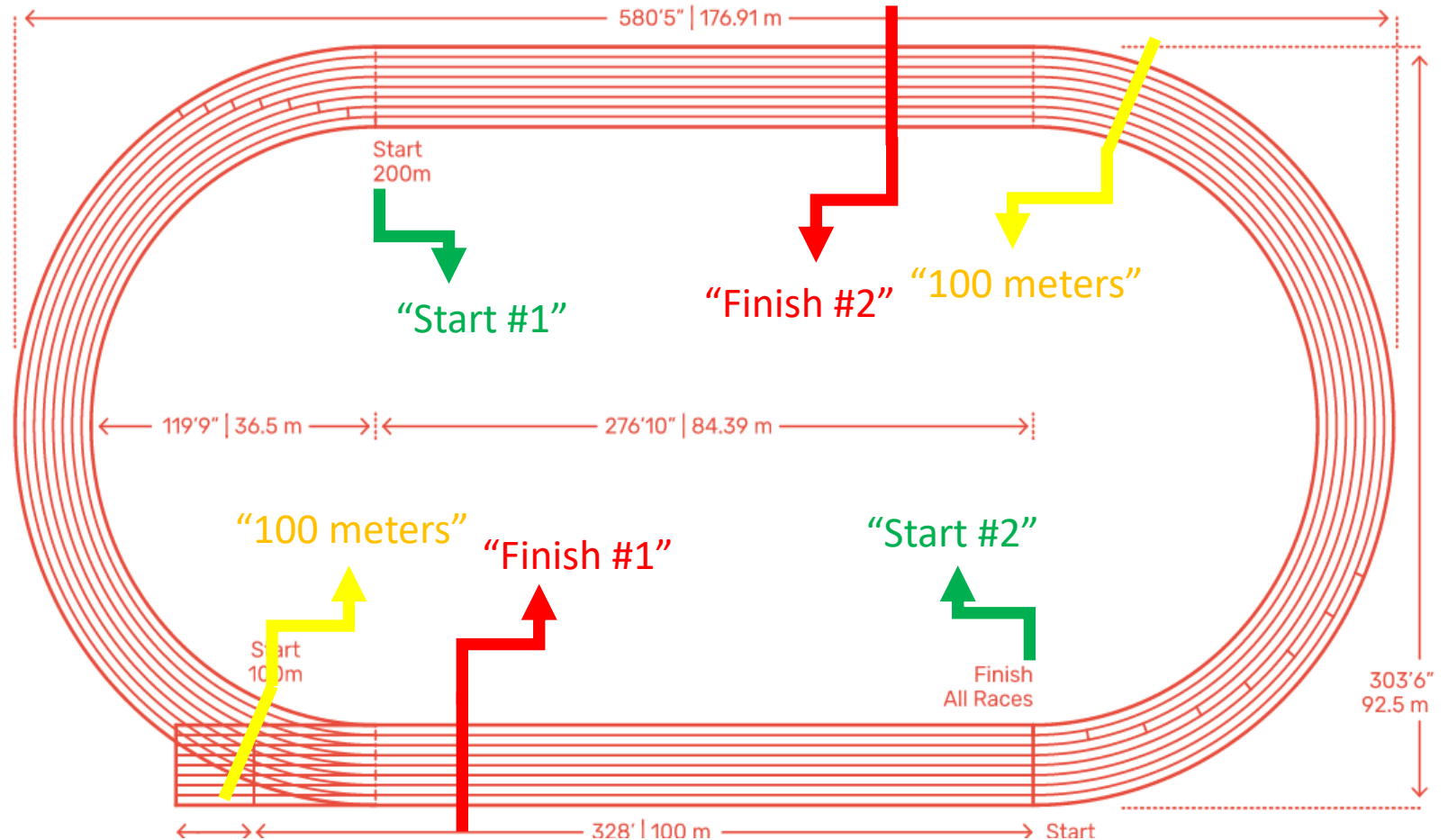
## 6:30/mile pace & UNDER ½ Marathon Runners:

You will need to mark 2 start lines and 2 finish lines (one of each on both sides of the track).

- Locate two (2) starting lines (marked by "Start"). We'll use the 200 Meter event marks to start our intervals. These should be marked on most tracks, but you can use anything to mark the approximate spot if you can't locate.
- Identify the 100 meter point from each starting line (approximately located by "100 Meters" in the diagram)
- Locate and mark your finish line, which will be the '30" Distance' (in meters) from the WRW calculator. Walk large paces from the 100m mark to locate your personal finish line. EG – if your 30" distance is 125 meters, walk 25 long paces from the 100 meter mark and locate that spot. This will be one of your finish lines (do this on both side of the track).
- Recovery Zone – the distance between each finish line and the next start line is where you'll recover. You have 30" to make it to the next start!

Sports > Track & Field

# 400m Running Track



Disclaimer #1 – I was not a track guy nor am I an Excel expert. These tools will get you close but don't hate on me if they're not perfect!

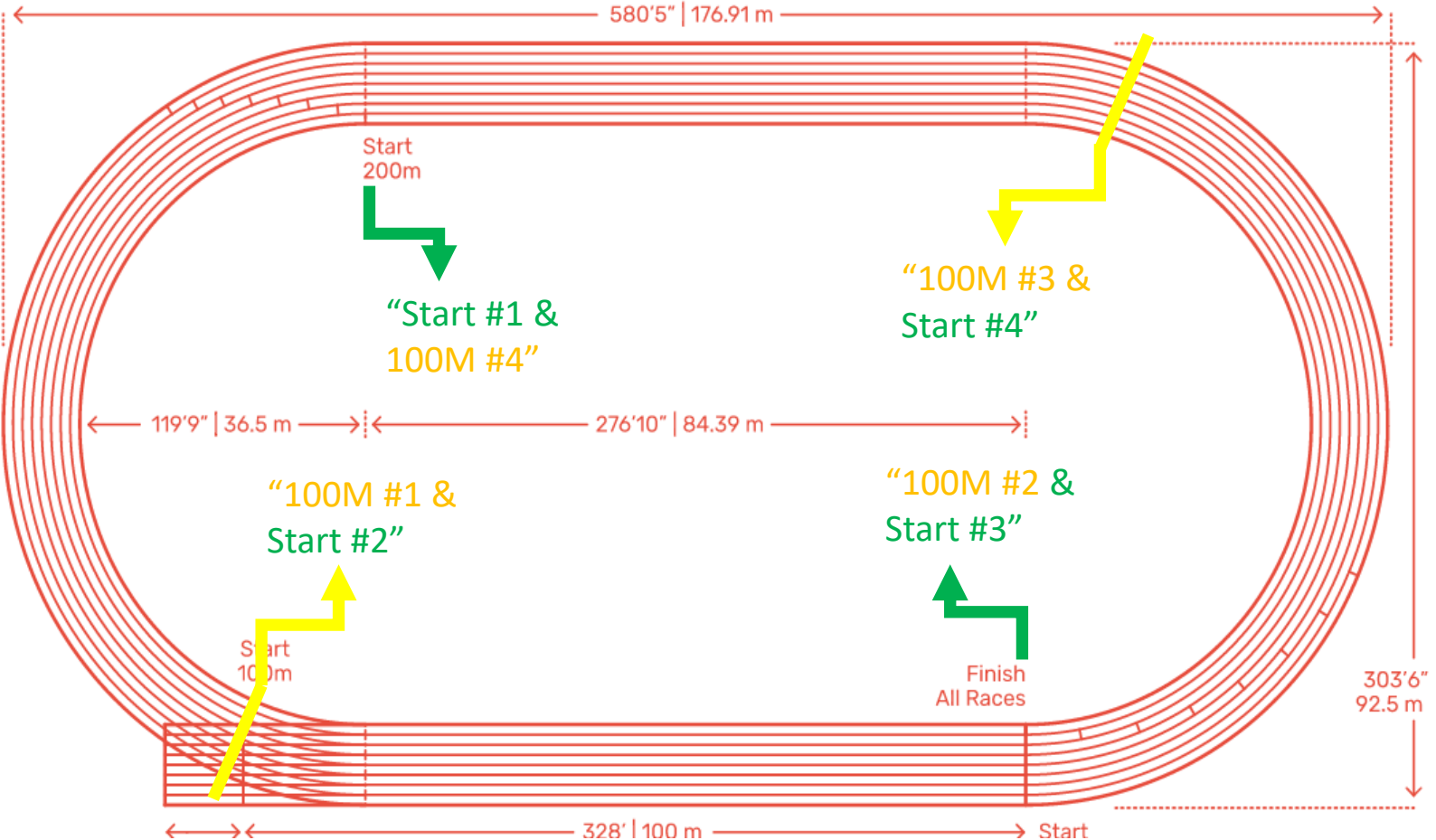
Disclaimer #2 – This is FOR FUN and to introduce you to a really fun and really effective workout. Distances and times do not have to be exact, only close. Have fun with this!



# 400m Running Track

**6:30/mile pace & OVER ½ Marathon Runners:**  
You will need to mark 4 intervals on a running track to complete this workout. - 4 start lines and 4 finish lines. Each lap of the track will earn you 4 intervals completed.

- A. Locate the four (4) starting lines (marked by "Start"). We'll base these off the 200 Meter event marks, marked on most tracks, but you can use anything to mark the approximate spot if you can't locate.
- B. Identify the 100 meter point from each starting line (located by "100 Meters" in the diagram). (Every 100M mark is also the starting line for the next interval.)
- C. Locate and mark your finish line, which will be the '30" Distance' (in meters) from the WRW calculator. This will be your run interval for the entire workout. Walk large paces from the 100m mark to locate your personal finish line. **EG** – if your 30" distance is 105 meters, walk 5 long paces PAST the 100M mark and locate your finish line. Repeat for each 1/4 of the track. **EG2** – if your 30" Distance is 95 meters, your finish line is 5 meters BEFORE the 100M mark.



**NOTE – I DID NOT mark the actual finish lines in this diagram. Your personal finish line will need to be measured and marked relative to each 100 Meter Marks. In other words, you'll be marking four start lines and 4 finish lines!**

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