

SPEED WORK TRACKER

Phase: Interval Training / Week: _____

Target 5K/10K Pace: _____

DONE	DATE	WORKOUT DESCRIPTION	INTERVAL PACE	RECOVERY
		8 x 400m Repeats	5K PACE	90s Jog
		4 x 800m Repeats	10K PACE	2min Jog
		Ladder: 400-800-1200-800-400	VARIOUS	Equal Rest
		10 x 100m Strides	SPRINT	Full Walk
		3 Mile Tempo Run	THRESHOLD	N/A

PERFORMANCE NOTES