



Training Splits for Runners
(splits are approximate)

Mile Time	100 Meters	200 Meters	400 Meters	800 Meters	1200 Meters
5:30	:20	:41	1:22	2:45	4:06
6:00	:22	:45	1:30	3:00	4:30
6:30	:24	:49	1:38	3:15	4:52
7:00	:26	:52	1:45	3:30	5:15
7:30	:28	:56	1:52	3:45	5:37
8:00	:30	:60	2:00	4:00	6:00
8:30	:32	1:04	2:08	4:15	6:23
9:00	:34	1:08	2:16	4:30	6:45
9:30	:36	1:12	2:24	4:45	7:08
10:00	:38	1:15	2:30	5:00	7:30
10:30	:40	1:20	2:40	5:15	7:55
11:00	:42	1:24	2:45	5:30	8:15
11:30	:44	1:28	2:56	5:45	8:41
12:00	:46	1:30	3:00	6:00	9:00

(Pick your desired maximum mile speed and follow splits accordingly)

Ladder Workout:

Perform 100M, 200M, 400M, 800M, 1200M at desired speed. After each interval, recover by walk/jogging the distance you just covered, then begin again. Max walk/jog recovery should be 400M (one lap on the track). Once through is a complete set.

Reverse Ladder Workout:

Same as above, but start with 1200 Meters and work backwards.

Repeat ¼ Miles:

Perform sets of 400M repeaters. Pick desired split and run at that pace for 400M. Recover by walk/jog 200M, then begin again. Four 400M runs = one set. Build up to 4 sets.

Pyramid Workout:

Perform 100M, 200M, 400M, 800M, 1200M, 800M, 400M, 200M, 100M. After each interval, recover by walk, jogging the distance you just covered. The max walk jog recovery should be 400M (one lap on the track)

You can modify the distances of the ladder workouts. If 1200 meters is too much to build to, start with building to only 800 meters.