

# 45-30 Workout Sheet

Pick your current mile pace or use last year's mile time. If you don't have a current mile time, ask your coach. Next, find your 200 pace for the 45 and your 200 pace for the 30. These two paces will be your target paces throughout the workout until you cannot sustain this 45-30 pace. Yes, you are to keep running without a rest. Don't panic on the first lap if your times are off by a few seconds for either 200. Make the appropriate adjustments to keep your 45-30 pace. Once you can't sustain this pace you are to take a 3 minute rest and then continue on with the workout until you complete 12 laps or need another 3 minute rest. Be sure to take note of the number of laps until you needed a rest in your training log so you can refer back to compare with your next attempt at this workout in about 1 month

<b>Mile Pace</b>	<b>800 Pace</b>	<b>400 Pace</b>	<b>200 Pace@45</b>	<b>200 Pace@30</b>
8:00	4:00	2:00	90.0	60
7:56	3:58	1:59	89.3	59.5
7:52	3:56	1:58	88.5	59
7:48	3:54	1:57	87.8	58.5
7:44	3:52	1:56	87.0	58
7:40	3:50	1:55	86.3	57.5
7:36	3:48	1:54	85.5	57
7:32	3:46	1:53	84.8	56.5
7:28	3:44	1:52	84.0	56
7:24	3:42	1:51	83.3	55.5
7:20	3:40	1:50	82.5	55
7:16	3:38	1:49	81.8	54.5
7:12	3:36	1:48	81.0	54
7:08	3:34	1:47	80.3	53.5
7:04	3:32	1:46	79.5	53
7:00	3:30	1:45	78.8	52.5
6:56	3:28	1:44	78.0	52
6:52	3:26	1:43	77.3	51.5
6:48	3:24	1:42	76.5	51
6:44	3:22	1:41	75.8	50.5
6:40	3:20	1:40	75.0	50
6:36	3:18	1:39	74.3	49.5
6:32	3:16	1:38	73.5	49
6:28	3:14	1:37	72.8	48.5
6:24	3:12	1:36	72.0	48
6:20	3:10	1:35	71.3	47.5
6:16	3:08	1:34	70.5	47
6:12	3:06	1:33	69.8	46.5
6:08	3:04	1:32	69.0	46
6:04	3:02	1:31	68.3	45.5
6:00	3:00	1:30	67.5	45

5:56	2:58	1:29	66.8	44.5
5:52	2:56	1:28	66.0	44
5:48	2:54	1:27	65.3	43.5
5:44	2:52	1:26	64.5	43
5:40	2:50	1:25	63.8	42.5
5:36	2:48	1:24	63.0	42
5:32	2:46	1:23	62.3	41.5
5:28	2:44	1:22	61.5	41
5:24	2:42	1:21	60.8	40.5
5:20	2:40	1:20	60.0	40
5:16	2:38	1:19	59.3	39.5
5:12	2:36	1:18	58.5	39
5:08	2:34	1:17	57.8	38.5
5:04	2:32	1:16	57.0	38
5:00	2:30	1:15	56.3	37.5
4:56	2:28	1:14	55.5	37
4:52	2:26	1:13	54.8	36.5
4:48	2:24	1:12	54.0	36
4:44	2:22	1:11	53.3	35.5
4:40	2:20	1:10	52.5	35
4:36	2:18	1:09	51.8	34.5
4:32	2:16	1:08	51.0	34
4:28	2:14	1:07	50.3	33.5
4:24	2:12	1:06	49.5	33
4:20	2:10	1:05	48.8	32.5
4:16	2:08	1:04	48.0	32
4:12	2:06	1:03	47.3	31.5
4:08	2:04	1:02	46.5	31
4:04	2:02	1:01	45.8	30.5
4:00	2:00	1:00	45.0	30
3:56	1:58	0:59	44.3	29.5
3:52	1:56	0:58	43.5	29
3:48	1:54	0:57	42.8	28.5
3:44	1:52	0:56	42.0	28

# 40-30 Workout Sheet

This workout is designed to challenge you more than the 45-30 workout. The workout is to be done the same way as the 45-30, where you have picked a mile pace. You are to do 8-12 laps, go until you can't meet your pace, the first lap is for adjusting your pace, once you can't hold your pace, rest 3 minutes and continue until you reach 12 laps.

Mile Pace	400 Pace	200 Pace@40	200 Pace@30
8:00	2:00	80.0	60
7:56	1:59	79.3	59.5
7:52	1:58	78.7	59
7:48	1:57	78.0	58.5
7:44	1:56	77.3	58
7:40	1:55	76.7	57.5
7:36	1:54	76.0	57
7:32	1:53	75.3	56.5
7:28	1:52	74.7	56
7:24	1:51	74.0	55.5
7:20	1:50	73.3	55
7:16	1:49	72.7	54.5
7:12	1:48	72.0	54
7:08	1:47	71.3	53.5
7:04	1:46	70.7	53
7:00	1:45	70.0	52.5
6:56	1:44	69.3	52
6:52	1:43	68.7	51.5
6:48	1:42	68.0	51
6:44	1:41	67.3	50.5
6:40	1:40	66.7	50
6:36	1:39	66.0	49.5
6:32	1:38	65.3	49
6:28	1:37	64.7	48.5
6:24	1:36	64.0	48

6:20	1:35	63.3	47.5
6:16	1:34	62.7	47
6:12	1:33	62.0	46.5
6:08	1:32	61.3	46
6:04	1:31	60.7	45.5
6:00	1:30	60.0	45
5:56	1:29	59.3	44.5
5:52	1:28	58.7	44
5:48	1:27	58.0	43.5
5:44	1:26	57.3	43
5:40	1:25	56.7	42.5
5:36	1:24	56.0	42
5:32	1:23	55.3	41.5
5:28	1:22	54.7	41
5:24	1:21	54.0	40.5
5:20	1:20	53.3	40
5:16	1:19	52.7	39.5
5:12	1:18	52.0	39
5:08	1:17	51.3	38.5
5:04	1:16	50.7	38
5:00	1:15	50.0	37.5
4:56	1:14	49.3	37
4:52	1:13	48.7	36.5
4:48	1:12	48.0	36
4:44	1:11	47.3	35.5
4:40	1:10	46.7	35
4:36	1:09	46.0	34.5
4:32	1:08	45.3	34
4:28	1:07	44.7	33.5
4:24	1:06	44.0	33
4:20	1:05	43.3	32.5
4:16	1:04	42.7	32
4:12	1:03	42.0	31.5
4:08	1:02	41.3	31
4:04	1:01	40.7	30.5
4:00	1:00	40.0	30

# 35-30 Workout Sheet

1. Pick your current mile pace
2. find your 200 pace @ 35 and your 200 pace @ 30.
3. Do this for two laps, rest 5 minutes and repeat for a total of 3 sets
4. After you complete your 3rd set jog over to the 200 and run an all out 200

<b>Mile Pace</b>	<b>400 Pace</b>	<b>200 Pace@35</b>	<b>200 Pace@30</b>
<b>8:00</b>	2:00	<b>70.0</b>	<b>60</b>
<b>7:56</b>	1:59	<b>69.4</b>	<b>59.5</b>
<b>7:52</b>	1:58	<b>68.8</b>	<b>59</b>
<b>7:48</b>	1:57	<b>68.3</b>	<b>58.5</b>
<b>7:44</b>	1:56	<b>67.7</b>	<b>58</b>
<b>7:40</b>	1:55	<b>67.1</b>	<b>57.5</b>
<b>7:36</b>	1:54	<b>66.5</b>	<b>57</b>
<b>7:32</b>	1:53	<b>65.9</b>	<b>56.5</b>
<b>7:28</b>	1:52	<b>65.3</b>	<b>56</b>
<b>7:24</b>	1:51	<b>64.8</b>	<b>55.5</b>
<b>7:20</b>	1:50	<b>64.2</b>	<b>55</b>
<b>7:16</b>	1:49	<b>63.6</b>	<b>54.5</b>
<b>7:12</b>	1:48	<b>63.0</b>	<b>54</b>
<b>7:08</b>	1:47	<b>62.4</b>	<b>53.5</b>
<b>7:04</b>	1:46	<b>61.8</b>	<b>53</b>
<b>7:00</b>	1:45	<b>61.3</b>	<b>52.5</b>
<b>6:56</b>	1:44	<b>60.7</b>	<b>52</b>
<b>6:52</b>	1:43	<b>60.1</b>	<b>51.5</b>
<b>6:48</b>	1:42	<b>59.5</b>	<b>51</b>
<b>6:44</b>	1:41	<b>58.9</b>	<b>50.5</b>
<b>6:40</b>	1:40	<b>58.3</b>	<b>50</b>
<b>6:36</b>	1:39	<b>57.8</b>	<b>49.5</b>
<b>6:32</b>	1:38	<b>57.2</b>	<b>49</b>
<b>6:28</b>	1:37	<b>56.6</b>	<b>48.5</b>
<b>6:24</b>	1:36	<b>56.0</b>	<b>48</b>
<b>6:20</b>	1:35	<b>55.4</b>	<b>47.5</b>
<b>6:16</b>	1:34	<b>54.8</b>	<b>47</b>
<b>6:12</b>	1:33	<b>54.3</b>	<b>46.5</b>

<b>6:08</b>	1:32	<b>53.7</b>	<b>46</b>
<b>6:04</b>	1:31	<b>53.1</b>	<b>45.5</b>
<b>6:00</b>	1:30	<b>52.5</b>	<b>45</b>
<b>5:56</b>	1:29	<b>51.9</b>	<b>44.5</b>
<b>5:52</b>	1:28	<b>51.3</b>	<b>44</b>
<b>5:48</b>	1:27	<b>50.8</b>	<b>43.5</b>
<b>5:44</b>	1:26	<b>50.2</b>	<b>43</b>
<b>5:40</b>	1:25	<b>49.6</b>	<b>42.5</b>
<b>5:36</b>	1:24	<b>49.0</b>	<b>42</b>
<b>5:32</b>	1:23	<b>48.4</b>	<b>41.5</b>
<b>5:28</b>	1:22	<b>47.8</b>	<b>41</b>
<b>5:24</b>	1:21	<b>47.3</b>	<b>40.5</b>
<b>5:20</b>	1:20	<b>46.7</b>	<b>40</b>
<b>5:16</b>	1:19	<b>46.1</b>	<b>39.5</b>
<b>5:12</b>	1:18	<b>45.5</b>	<b>39</b>
<b>5:08</b>	1:17	<b>44.9</b>	<b>38.5</b>
<b>5:04</b>	1:16	<b>44.3</b>	<b>38</b>
<b>5:00</b>	1:15	<b>43.8</b>	<b>37.5</b>
<b>4:56</b>	1:14	<b>43.2</b>	<b>37</b>
<b>4:52</b>	1:13	<b>42.6</b>	<b>36.5</b>
<b>4:48</b>	1:12	<b>42.0</b>	<b>36</b>
<b>4:44</b>	1:11	<b>41.4</b>	<b>35.5</b>
<b>4:40</b>	1:10	<b>40.8</b>	<b>35</b>
<b>4:36</b>	1:09	<b>40.3</b>	<b>34.5</b>
<b>4:32</b>	1:08	<b>39.7</b>	<b>34</b>
<b>4:28</b>	1:07	<b>39.1</b>	<b>33.5</b>
<b>4:24</b>	1:06	<b>38.5</b>	<b>33</b>
<b>4:20</b>	1:05	<b>37.9</b>	<b>32.5</b>
<b>4:16</b>	1:04	<b>37.3</b>	<b>32</b>
<b>4:12</b>	1:03	<b>36.8</b>	<b>31.5</b>
<b>4:08</b>	1:02	<b>36.2</b>	<b>31</b>
<b>4:04</b>	1:01	<b>35.6</b>	<b>30.5</b>
<b>4:00</b>	1:00	<b>35.0</b>	<b>30</b>