

Levels Workout Sheet

20 x 400 @vVO₂	8 x 400 @vVO₂ 8 x 400 @vVO₂ rest 45 sec, jog 5 min rest, 4 x 400 @vVO₂	8 x 400 @vVO₂ 8 x 400 @105%, jog rest 3 min 4 x 400 @vVO₂	8 x 400 @vVO₂ 8 x 400 @ 105%, jog rest 2.5 min 4 x 400 @vVO₂	8 x 400 @vVO₂ 45 sec rest, Jog 5 min 8 x 400 @ 105%, jog rest 2.5 min 4 x 400 @vVO₂	8 x 400@vVO₂ 8 x 400 @108%, jog rest 3 min 4 x 400 @vVO₂
Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
4 x 400 @vVO₂	6 x 400 @vVO₂	8 x 400 @vVO₂	12 x 400 @vVO₂	16 x 400 @vVO₂	12 x 400 @vVO₂ 4 x 400 @vVO₂ Rest 45 sec.
Level 7	Level 8	Level 9	Level 10	Level 11	Level 12
20 x 400 @vVO₂	8 x 400 @vVO₂ 8 x 400 @vVO₂ rest 45 sec, jog 5 min rest, 4 x 400 @vVO₂	8 x 400 @vVO₂ 8 x 400 @105%, jog rest 3 min 4 x 400 @vVO₂	8 x 400 @vVO₂ 8 x 400 @ 105%, jog rest 2.5 min 4 x 400 @vVO₂	8 x 400 @vVO₂ 45 sec rest, Jog 5 min 8 x 400 @ 105%, jog rest 2.5 min 4 x 400 @vVO₂	8 x 400@vVO₂ 8 x 400 @108%, jog rest 3 min 4 x 400 @vVO₂
Level 13 8 x 400 @vVO₂ 45 sec rest, 5 min 8 x 400 @108%, jog rest 2.5 min 4 x 400 @vVO₂	Level 14 4 x 400 @vVO₂ 45 sec rest, 8 x 400 @105%, rest 2 min, jog 5 min rest 4 x 400 @vVO₂ 4 x 400 @vVO₂ 45 sec rest	Level 15 8 x 400 @vVO₂ Rest 30 sec, 5 min rest 4 x 400 @vVO₂ Jog Rest 5 min 4 x 400 @105%, jog rest 3 min., 4 x 400 @108%, rest 1 min.	Level 16 4 x 400 @vVO₂ Rest 30 sec, 4 x 400 @ 108%, rest 3 min. 4 x 400 @vVO₂ Rest 30 sec, 4 x 400 @vVO₂ Jog Rest 5 min 4 x 400 @108%, rest 1 min.	Level 17 4 x 400 @vVO₂ Rest 30 sec, Jog 5 min rest 4 x 400 @108% Rest 1 min, Jog 5 min rest, 4 x 400 @vVO₂ Rest 30 sec, Jog Rest 5 min. 4 x 400 @110% Rest 1:30, Jog Rest 5 min 4 x 400 @vVO₂	Level 18 8 x 400 @vVO₂ Rest 30 sec, Jog 5 min rest 6 x 400 @105% Rest 1 min. Jog rest 10 min 6 x 400 @110-112% Jog Rest 3 min.

Pick your workout Sheet

8000 meters	10 x 800	8 x 800 4 x 400	6 x 800 4 x 600 2 x 400	4 x 800 6 x 600 2 x 500 1 x 200 F	2 x 800 8 x 600 4 x 400	12 x 600 2 x 400	10 x 600 5 x 500	8 x 600 8 x 400	Ladder 4,5,6,7,8 8,7,6,5,4 8,4,4,4
7000 meters	8 x 800 1 x 600	6 x 800 4 x 600 2 x 400	4 x 800 6 x 600 1 x 200 F	2 x 800 9 x 600	11 x 600 1 x 400	10 x 600 2 x 500	8 x 600 2 x 500 3 x 400	Ladder 4,5,6,7,8 8,7,6,5,4 8, 200F	Ladder 8,8,7,7,6 6,6,5,5,4 4,4
6000 meters	10x 600	8 x 600 1 x 800 1 x 400 1 x 200F	6 x 600 3 x 800	4 x 600 6 x 500 1 x 400 1 x 200F	2 x 600 8 x 500 2 x 400	12 x 500	15 x 400	Ladder 4,5,6,6,5 4,4,5,6,6 5,4	Ladder 6,6,5 ,5,4 4,5,5,6,6 4,4
5000 meters	12 x 400 1 x 200F	10 x 400 2 x 500	8 x 400 3 x 600	6 x600 3 x 400 1 x 200F	10 x 500	7 x 700	Ladder 4,5,6,5,6,7 6,7,4	Ladder 4,5,6,7,8 8,7,5	Ladder 4,5,6,6,5 4,4,5,6,5
4000 meters	10 x 400	8 x 400 1 x 800	6 x 400 2 x 500 1 x 600	5 x 400 4 x 500	4 x 400 4 x 600	2 x 400 4 x 800	5 x 800	8 x 500	Ladder 4,5,6,6,5 4,4,4
3200 meters	8 x 400	6 x 400 1 x 600	4 x 400 2 x 500 1 x 600	3 x 400 4 x 500	6 x 500 1 x 200F	5 x 600 1 x 200F	4 x 800	2 x 800 2 x 600 1 x 400	Ladder 4,5,6,7,8 1 x 200F