

<b>Group 1</b> Threshold 3:00		
<b>Intensity</b>	s/200m	min/km
Absorption	48.4	4:02
Aerobic	44.4	3:42
Tempo	37.4	3:07
Threshold	36	3:00
Interval	32.5	2:46
Repetition	29	2:25

<b>Group 2</b> Threshold 3:15		
<b>Intensity</b>	s/200m	min/km
Absorption	52	4:20
Aerobic	48	4:00
Tempo	41	3:25
Threshold	39	3:15
Interval	36	3:00
Repetition	32	2:40

<b>Group 3</b> Threshold 3:30		
<b>Intensity</b>	s/200m	min/km
Absorption	55	4:35
Aerobic	51	4:15
Tempo	44	3:40
Threshold	42	3:30
Interval	39	3:15
Repetition	35	2:55

<b>Group 4</b> Threshold 3:45		
<b>Intensity</b>	s/200m	min/km
Absorption	59	4:55
Aerobic	55	4:35
Tempo	48	4:00
Threshold	45	3:45
Interval	42	3:30
Repetition	38	3:10

<b>Group 5</b> Threshold 4:00		
<b>Intensity</b>	s/200m	min/km
Absorption	62	5:10
Aerobic	58	4:50
Tempo	51	4:15
Threshold	48	4:00
Interval	44	3:40
Repetition	40	3:20

<b>Group 6</b> Threshold 4:15		
<b>Intensity</b>	s/200m	min/km
Absorption	65	5:25
Aerobic	61	5:05
Tempo	54	4:30
Threshold	51	4:15
Interval	47	3:55
Repetition	43	3:35

<b>Group 7</b> Threshold 4:30		
<b>Intensity</b>	s/200m	min/km
Absorption	68	5:40
Aerobic	64	5:20
Tempo	57	4:45
Threshold	54	4:30
Interval	49	4:05
Repetition	45	3:45

<b>Group 8</b> Threshold 4:45		
<b>Intensity</b>	s/200m	min/km
Absorption	72	6:00
Aerobic	68	5:40
Tempo	61	5:05
Threshold	57	4:45
Interval	52	4:20
Repetition	48	4:00

<b>Group 9</b> Threshold 5:00		
<b>Intensity</b>	s/200m	min/km
Absorption	75	6:15
Aerobic	71	5:55
Tempo	64	5:20
Threshold	60	5:00
Interval	55	4:35
Repetition	51	4:15

<b>Group 10</b> Threshold 5:15		
<b>Intensity</b>	s/200m	min/km
Absorption	78	6:30
Aerobic	74	6:10
Tempo	67	5:35
Threshold	63	5:15
Interval	57	4:45
Repetition	53	4:25

<b>Group 11</b> Threshold 5:30		
<b>Intensity</b>	s/200m	min/km
Absorption	82	6:50
Aerobic	78	6:30
Tempo	71	5:55
Threshold	66	5:30
Interval	61	5:05
Repetition	57	4:45

<b>Group 12</b> Threshold 5:45		
<b>Intensity</b>	s/200m	min/km
Absorption	85	7:05
Aerobic	81	6:40
Tempo	74	6:10
Threshold	69	5:45
Interval	64	5:20
Repetition	60	5:00

<b>Group 13</b> Threshold 6:00		
<b>Intensity</b>	s/200m	min/km
Absorption	88	7:20
Aerobic	84	7:00
Tempo	77	6:25
Threshold	72	6:00
Interval	66	5:30
Repetition	62	5:10

<b>Group 14</b> Threshold 6:15		
<b>Intensity</b>	s/200m	min/km
Absorption	91	7:35
Aerobic	87	7:15
Tempo	80	6:40
Threshold	75	6:15
Interval	69	5:45
Repetition	65	5:25

<b>Group 15</b> Threshold 6:30		
<b>Intensity</b>	s/200m	min/km
Absorption	95	7:55
Aerobic	91	7:35
Tempo	84	7:00
Threshold	78	6:30
Interval	73	6:05
Repetition	69	5:45

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