

3-5 x 1200m @ 10k Race Pace

5K Race Time	10K Race Time	1200M at 10k Pace
Minutes : Seconds	Minutes : Seconds	Minutes : Seconds
15:00	31:10	3:44
15:30	32:12	3:52
16:00	33:14	3:59
16:30	34:17	4:07
17:00	35:19	4:14
17:30	36:21	4:22
18:00	37:24	4:29
18:30	38:26	4:37
19:00	39:28	4:44
19:30	40:30	4:52
20:00	41:33	4:59
20:30	42:35	5:07
21:00	43:37	5:14
21:30	44:40	5:22
22:00	45:42	5:29
22:30	46:44	5:36
23:00	47:47	5:44
23:30	48:49	5:51
24:00	49:51	5:59
24:30	50:54	6:06
25:00	51:56	6:14
25:30	52:58	6:21
26:00	54:01	6:29
26:30	55:03	6:36
27:00	56:05	6:44
27:30	57:08	6:51
28:00	58:10	6:59
28:30	59:12	7:06
29:00	1:00:15	7:14
29:30	1:01:17	7:21
30:00	1:02:19	7:29
30:30	1:03:21	7:36
31:00	1:04:24	7:44
31:30	1:05:26	7:51
32:00	1:06:28	7:59
32:30	1:07:31	8:06
33:00	1:08:33	8:14
33:30	1:09:35	8:21
34:00	1:10:38	8:29
34:30	1:11:40	8:36
35:00	1:12:42	8:43
35:30	1:13:45	8:51
36:00	1:14:47	8:58