

**10-12 x 300m @ 5k Pace, 5-6 x 600m @ 5k Pace,  
4-5 1000m @ 5k Race Pace, 4 X 1600m @ 5k Pace**

<b>5K Race Time</b>	<b>300m at 5K Pace</b>	<b>600m at 5K Pace</b>	<b>1000M at 5K Pace</b>	<b>1600M at 5K Pace</b>
Minutes : Seconds	Minutes : Seconds	Minutes : Seconds	Minutes : Seconds	Minutes : Seconds
15:00	00:54	1:48	3:00	4:48
15:30	00:56	1:52	3:06	4:58
16:00	00:58	1:55	3:12	5:07
16:30	00:59	1:59	3:18	5:17
17:00	1:01	2:02	3:24	5:26
17:30	1:03	2:06	3:30	5:36
18:00	1:05	2:10	3:36	5:46
18:30	1:07	2:13	3:42	5:55
19:00	1:08	2:17	3:48	6:05
19:30	1:10	2:20	3:54	6:14
20:00	1:12	2:24	4:00	6:24
20:30	1:14	2:28	4:06	6:34
21:00	1:16	2:31	4:12	6:43
21:30	1:17	2:35	4:18	6:53
22:00	1:19	2:38	4:24	7:02
22:30	1:21	2:42	4:30	7:12
23:00	1:23	2:46	4:36	7:22
23:30	1:25	2:49	4:42	7:31
24:00	1:26	2:53	4:48	7:41
24:30	1:28	2:56	4:54	7:50
25:00	1:30	3:00	5:00	8:00
25:30	1:32	3:04	5:06	8:10
26:00	1:34	3:07	5:12	8:19
26:30	1:35	3:11	5:18	8:29
27:00	1:37	3:14	5:24	8:38
27:30	1:39	3:18	5:30	8:48
28:00	1:41	3:22	5:36	8:58
28:30	1:43	3:25	5:42	9:07
29:00	1:44	3:29	5:48	9:17
29:30	1:46	3:32	5:54	9:26
30:00	1:48	3:36	6:00	9:36
30:30	1:50	3:40	6:06	9:46
31:00	1:52	3:43	6:12	9:55
31:30	1:53	3:47	6:18	10:05
32:00	1:55	3:50	6:24	10:14
32:30	1:57	3:54	6:30	10:24
33:00	1:59	3:58	6:36	10:34
33:30	2:01	4:01	6:42	10:43
34:00	2:02	4:05	6:48	10:53
34:30	2:04	4:08	6:54	11:02
35:00	2:06	4:12	7:00	11:12
35:30	2:08	4:16	7:06	11:22
36:00	2:10	4:19	7:12	11:31