

Mastering the 1600m

4:10		4:40		5:10		5:40		6:10		6:20	
61	61	66	66	74	74	82	82	86	86	89	89
62	2:03	70	2:16	77	2:31	85	2:47	91	2:57	94	3:03
65	3:08	73	3:29	81	3:52	88	4:15	99	4:36	99	4:42
62	4:10	71	4:40	78	5:10	85	5:40	94	6:10	98	6:20

4:15		4:45		5:15		5:45		6:15		6:25	
62	62	68	68	75	75	83	83	87	87	90	90
64	2:06	72	2:20	78	2:33	86	2:49	93	3:00	95	3:05
66	3:12	74	3:34	83	3:56	90	4:19	99	4:39	101	4:46
63	4:15	71	4:45	79	5:15	86	5:45	96	6:15	99	6:25

4:20		4:50		5:20		5:50		6:30		6:50	
63	63	70	70	77	77	84	84	90	90	91	91
65	2:08	73	2:23	80	2:37	87	2:51	96	3:06	99	3:10
68	3:16	75	3:38	84	4:01	92	4:23	104	4:50	109	4:59
64	4:20	72	4:50	79	5:20	87	5:50	100	6:30	101	6:40

4:25		4:55		5:25		5:55		6:35		6:55	
64	64	71	71	78	78	85	85	90	90	92	92
67	2:11	74	2:25	80	2:38	88	2:53	98	3:08	104	3:16
68	3:19	77	3:42	85	4:03	93	4:26	107	4:55	115	5:11
66	4:25	73	4:55	82	5:25	89	5:55	100	6:35	104	6:35

4:30		5:00		5:30		6:00		6:40		7:00	
64	64	72	72	79	79	85	85	91	91	92	92
69	2:13	75	2:27	81	2:40	89	2:54	99	3:10	105	3:17
70	3:23	77	3:44	87	4:07	95	4:39	109	4:59	117	5:14
67	4:30	76	5:00	83	5:30	91	6:00	101	6:40	106	7:00

4:35		5:05		5:35		6:05		6:45		7:05	
65	65	73	73	80	80	85	85	91	91	92	92
70	2:15	76	2:29	82	2:42	90	2:55	101	3:12	107	3:19
72	3:27	79	3:48	89	4:11	97	4:32	111	5:03	119	5:18
68	4:35	77	5:05	84	5:35	93	6:05	102	6:45	107	7:05

My 1600m PR: _____

My 2017 1600m Goal Time: _____

My Goal Splits:

Split	Split Time	Overall Time
400		
800		
1200		
1600		

My Weaknesses:

- _____
- _____
- _____

My Strengths:

- _____
- _____
- _____

What will I do at practice to achieve my goal:

- _____
- _____
- _____

What will I do/not do outside of practice to achieve my goal:

- _____
- _____
- _____