

# **STRONG SWIFT DURABLE**

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## **VALOR TRAINING PLAN**

[www.StrongSwiftDurable.com](http://www.StrongSwiftDurable.com)

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Valor, October 2014



# Military Athlete

Jackson, Wyoming  
[www.militaryathlete.com](http://www.militaryathlete.com)

## Valor

### 7-Week Strength/Work Capacity/Endurance Training Cycle

#### TRAINING PROGRAM DESCRIPTION

This training program combines classic barbell and bodyweight strength training track-based aerobic endurance training and intense, gym-based multi-modal work capacity efforts.

The focus of the plan's endurance component is improving speed over ground in military modes - running, and ruck-running. The plan deploys 3-mile ruck run and running assessments and follow-on 1-mile intervals based on the individual athlete's assessment results. On Fridays the plan has you distance running at a moderate pace.

In addition to aerobic endurance, the plan also trains bodyweight strength endurance for push ups, situps and pull ups.

The work capacity component of the plan is gym-based, and multi-modal. These efforts occur on Monday and Wednesday and have two distinct durations. Monday's efforts are designed to last around 25 minutes. Wednesday's three work capacity efforts are each 5 intense minutes long, separated by a short rest.

Week 1 and 7 of the plan are assessment weeks.

Ideally, you will train Monday through Friday, and take Saturday and Sunday as full rest days. If for some reason you cannot keep this schedule, do not skip any sessions, do them exactly in order as they are designed.

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Here is the training week:

**Monday:** Gym-Based Strength, Work Capacity and Core

**Tuesday:** Track Based Ruck-Run Intervals

**Wednesday:** Gym-Based Strength, Work Capacity and Core

**Thursday:** Track Based Run Intervals

**Friday:** Moderate Pace Distance Run

### RUCK-RUN AND RUN PROGRESSION TABLES

The training plan includes scaled paces for your 1-mile Ruck Run and Run intervals. These paces are based on your 3-mile assessment results for each mode. You'll take these assessments 3 times throughout the plan. Use your latest assessment results for the subsequent training sessions.

The 1-mile interval are paced faster than your latest assessment pace. You'll have to go hard to make them. These interval paces are scaled to your latest assessment time, and dictate the pace you need to keep for each 1-mile repeat. The tables are self explanatory, and easy to figure out as you work through the training plan. Email [rob@militaryathlete.com](mailto:rob@militaryathlete.com) if you are having trouble.

### REQUIRED EQUIPMENT

- Stopwatch
- Fully equipped functional fitness gym with barbells, racks, bench for bench press, pull up bar, kettlebells and/or dumbbells, plyo boxes, etc.
- 45# Ruck for men, 35# Ruck for women plus a 10# dumbbell, rubber rifle or sledge hammer. We prefer old ALICE packs for rucking.
- 400m Track or known 3 mile, and 1 mile distances

### COMMON QUESTIONS

#### **I'm a woman. Should I use a 45# Ruck for the Ruck Runs?**

No, use a 35# Ruck, but still carry a 10# sledge hammer or dumbbell.

#### **Should I Ruck Run, or Fast Walk for the Rucks?**

Ruck-Run. Go Hard.

#### **Should I wear boots for the Ruck Runs?**

It's up to you. We wear trail running shoes.

#### **How long should the training session take?**

Sixty Minutes. Some of the gym-based sessions may take a little longer. Some of the track-based sessions may take a little less time.

#### **Why are there two numbers listed for the exercises with assigned loads?**

The lower weight is the prescribed weight for women, and the higher is for men, for example, 5x Scotty Bobs at 15/25# means women use 15# dumbbells and men use 25# dumb bells.

#### **What does 3/5x Pull ups mean?**

The first number is for women, second for men. So women do 3x pull ups, and men do 5x pull ups.

#### **What if my gym doesn't have kettlebells?**

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Substitute dumbbells at the same weight. For example, if the session calls for a pair of 16kg kettlebells, use 35# dumbbells.

**What if I am unfamiliar with an exercise?**

A complete list and video demonstration of our exercises can be found here: <http://strongswiftdurable.com/resources/exercise-menu/>

**Questions?**

**Contact:** [rob@militaryathlete.com](mailto:rob@militaryathlete.com)

Good Luck!

**Rob Shaul**  
**Jackson, WY**

## VALOR

October 2014

WEEK 1				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SESSION 1</b> Rest Day	<b>SESSION 2</b> Obj: Assessment  <b>Warm up:</b> 4 Rounds 10x Air Squats 10x Push ups 10x Situps Instep Stretch  <b>Training:</b>  <b>(1) Max Reps Push Ups in 60 Seconds</b>  Chest to ground, full elbow lock out. You can stop and "rest" in the up position but can't put your knees down or raise your butt.  <b>(2) Max Reps Situps in 60 Seconds</b>  Fingers interlaced behind head. Feet held down by a partner. Range of Motion – hands touch ground and elbows touch knees. You can rest in the down position if needed.  <b>(3) 3-Mile Ruck Run for Time @ 45# plus 10# dumbbell, sledge hammer or rubber rifle</b>  RECORD YOUR MAX PUSH UP, AND SITUP REPS, AND YOUR 3 MILE RUCK RUN TIME.	<b>SESSION 3</b> Rest Day	<b>SESSION 4</b> Obj: Assessment  <b>Warm up:</b>  4 Rounds 30% Max Rep Push ups 30% Max Rep Sit ups 10x Air Squats Run 100m  (Use Session 2 Assessment Results)  <b>Training:</b>  <b>(1) Run 3 Miles for Time</b>  RECORD YOUR FINISH TIME	<b>SESSION 5</b> Obj: Endurance  <b>Training:</b>  <b>(1) Run 4 miles at a moderate pace.</b>  <i>Moderate = comfortable, but not easy.</i>

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WEEK 2				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SESSION 6</b> Obj: Strength/Work Capacity  <b>Warm-up:</b>  4 Rounds 8x Back Squat @ 75/85/95 8x Push Ups 8x Situps Instep Stretch  <b>Training:</b>  (1) Max Rep Pull Ups  RECORD YOUR SCORE  (2) 6 Rounds 4x Back Squat - increase load each round until 4x is hard, but doable 6x Kettlebell Floor Press- increase load each round until 5x is hard, but doable Lat + Pec Stretch  (3) 8 Rounds 8x Back Squat @ 95/135# 40x Step Ups @ 20" 10x Weighted Situps @ 25/35#  (4) 4 Rounds 30% Max Rep Pull Ups 10x EO's 45 Sec Front Bridge 10x Good Mornings @ 45#  (5) Foam Roll Quads/Hip Flexors	<b>SESSION 7</b> Obj: Endurance/Work Capacity  <b>Warm up:</b>  4 Rounds 40% Max Rep Push ups 40% Max Rep Sit ups 10x Air Squats Run 100m  (Use Session 2 Assessment Results)  <b>Training:</b>  (1) 3 Rounds 1 Mile Ruck Run at Interval Table Pace 5 Minute Rest between Rounds	<b>SESSION 8</b> Obj: Strength/Work Capacity  <b>Warm-up:</b>  4 Rounds Barbell Complex Men - 45/45/65/65 Women - 35/35/45/45 Instep Stretch  <b>Training:</b>  (1) 8 Rounds 2x Power Clean + Push Press - Increase load each round until 2x is hard, but doable 30% Max Rep Pull Ups Hip Flexor Stretch  (2) 17 Rounds, Every Minute on the Minute ....  Rounds 1-5: 5x Power Clean @ 75/115#, then 5x Burpees  Rest Round 6  Rounds 1-5: 5x Power Clean @ 75/115#, then 5x Burpees  Rest Round 12  Rounds 1-5: 5x Power Clean @ 75/115#, then 5x Burpees  (3) 4 Rounds 10x Russian Triangle @ 25# 20/20 Side Bridge 5x Dislocate  (4) Foam Roll Quads/Low Back	<b>SESSION 9</b> Obj: Endurance  <b>Warm up:</b>  4 Rounds 40% Max Rep Push ups 40% Max Rep Sit ups 10x Air Squats Run 100m  (Use Session 2 Assessment Results)  <b>Training:</b>  (1) 3 Rounds 1 Mile Run at Interval Table Pace 5 Minute Rest between Rounds	<b>SESSION 10</b> Obj: Endurance  <b>Training:</b>  (1) Run 4 miles at a moderate pace.  <i>Moderate = comfortable, but not easy.</i>

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WEEK 3				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SESSION 11</b> Obj: Strength/Work Capacity  <b>Warm-up:</b>  4 Rounds 8x Hinge Lift @ 85/115# 8x Push Ups 8x Situps 40% Max Rep Pull Ups Instep Stretch  <b>Training:</b>  (1) 6 Rounds 4x Hinge Lift - increase load each round until 4x is hard, but doable 6x Bench Press- increase load each round until 6x is hard, but doable Hip Flexor Stress  (2) 10 Rounds for Time 8x Hinge Lift @ 95/135# 8x Box Jump @ 20/24" 8x EO's  (3) 4 Rounds 10x Weighted Situps @ 25/45# 20/20 Side Bridge Pigeon Stretch  (4) Foam Roll Quads/Hip Flexors	<b>SESSION 12</b> Obj: Endurance  <b>Warm up:</b>  4 Rounds 50% Max Rep Push ups 50% Max Rep Sit ups 10x Air Squats Run 100m  (Use Session 2 Assessment Results)  <b>Training:</b>  (1) 4 Rounds 1 Mile Ruck Run at Interval Table Pace 5 Minute Rest between Rounds	<b>SESSION 13</b> Obj: Strength, Work Capacity  <b>Warm up:</b>  4 Rounds Barbell Complex @45/65# Instep Stretch  <b>Training:</b>  (1) 8 Rounds 2x Craig Special - increase load each round until 2x is hard, but doable 40% Max Rep Pull Ups Hip Flexor Stretch  (2) 17 Rounds, Every Minute on the Minute ....  Rounds 1-5: 3x Craig Special @ 65/95#, then 6x Burpees  Rest Round 6  Rounds 7-11: 3x Craig Special @ 65/95#, then 6x Burpees  Rest Round 12  Rounds 13-17: 3x Craig Special @ 65/95#, then 6x Burpees  (3) 4 Rounds 10x GHD Situps 5x Slashers @ 12/16kg Pigeon Stretch  (4) Foam Roll Legs/Low Back	<b>SESSION 14</b> Obj: Endurance  <b>Warm up:</b>  4 Rounds 50% Max Rep Push ups 50% Max Rep Sit ups 10x Air Squats Run 100m  (Use Session 2 Assessment Results)  <b>Training:</b>  (1) 4 Rounds 1 Mile Run at Interval Table Pace 5 Minute Rest between Rounds	<b>SESSION 15</b> Obj: Endurance  <b>Training:</b>  (1) Run 5 miles at a moderate pace

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WEEK 4				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SESSION 16</b> Obj: Strength/Work Capacity  <b>Warm-up:</b>  3 Rounds 8x Hinge Lift @ 85/115# 8x Push Ups 8x Situps Instep Stretch  <b>Training:</b>  (1) Max Rep Pull Ups  RECORD YOUR SCORE AND COMPARE TO SESSION 6  (1) 6 Rounds 4x Front Squat - increase load each round until 4x is hard, but doable 6x Kettlebell Military Press - increase load each round until 6x is hard, but doable Hip Flexor Stress  (2) 8 Rounds For Time 8x Front Squat @ 75/115# Run 400m 8x Ankles to Bar  (3) 4 Rounds 30% Max Rep Pull Ups 10x EO's 45 Second Front Bridge 10x Good Mornings @ 45#  (4) Foam Roll Quads/Hip Flexors	<b>SESSION 17</b> Obj: Assessment  <b>Warm up:</b>  4 Rounds 10x Air Squats 10x Push ups 10x Situps Instep Stretch  <b>Training:</b>  <b>(1) Max Reps Push Ups in 60 Seconds.</b>  Chest to ground, full elbow lock out. You can stop and "rest" in the up position but can't put your knees down or raise your butt.  <b>(2) Max Reps Situps in 60 Seconds</b>  Fingers interlaced behind head. Feet held down by a partner. Range of Motion - hands touch ground and elbows touch knees. You can rest in the down position if needed.  <b>(3) 3-Mile Ruck Run for Time @ 45# plus 10# dumbbell, sledge hammer or rubber rifle.</b>  RECORD YOU REPS AND RUCK TIME AND COMPARE TO SESSION 2	<b>SESSION 18</b> Obj: Strength, Work Capacity  <b>Warm up:</b>  4 Rounds Barbell Complex @45/65# Instep Stretch  <b>Training:</b>  (1) 8 Rounds 3x Thruster - increase load each round until 3x is hard, but doable 30% Max Rep Pull Ups Hip Flexor Stretch  (2) 17 Rounds, Every Minute on the Minute ....  Rounds 1-5: 6x Thrusters @ 65/95#, then 6x Burpees  Rest Round 6  Rounds 7-11: 6x Thrusters @ 65/95#, then 6x Burpees  Rest Round 12  Rounds 13-17: 6x Thrusters @ 65/95#, then 6x Burpees  (3) 4 Rounds 10x Seated Russian Twist @ 25# 20/20 Side Bridge 5x Dislocate  (4) Foam Roll Legs/Low Back	<b>SESSION 19</b> Obj: Obj: Endurance  <b>Warm up:</b>  4 Rounds 30% Max Rep Push ups 30% Max Rep Sit ups 10x Air Squats Run 100m  (Use Session 17 Assessment Results)  <b>Training:</b>  (1) Run 3 Miles for Time  RECORD YOUR FINISH TIME AND COMPARE TO SESSION 4	<b>SESSION 20</b> Obj: Endurance  <b>Training:</b>  (1) Run 5 miles at a moderate pace.  <i>Moderate = comfortable, but not easy.</i>



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WEEK 5				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SESSION 21</b> Obj: Strength/Work Capacity  <b>Warm up:</b>  3 Rounds 8x Back Squat @ 75/85/95 8x Push Ups 8x Situps 40% Max Rep Pull Ups Instep Stretch  <b>Training:</b>  (1) 6 Rounds 4x Box Squat - increase load each round until 5x is hard, but doable 6x Arnold Press- increase load each round until 6x is hard, but doable Pigeon Stretch  (2) 8 Rounds for Time 6x Box Squat @ 115/155# 40x Step Ups @ 20" 10x Weighted Situps @ 25/35#  (3) 4 Rounds 10x GHD Back Extensions 45 Sec Front Bridge 10x EO's Lat + Pec Stretch  (4) Foam Roll Quads/Hip Flexors	<b>SESSION 22</b> Obj: Endurance  <b>Warm up:</b>  4 Rounds 40% Max Rep Push ups 40% Max Rep Sit ups 10x Air Squats Run 100m  (Use Session 17 Assessment Results)  <b>Training:</b>  (1) 3 Rounds 1 Mile Ruck Run at Interval Table Pace (Use Session 17 Assessment Result)  5 Minute Rest between Rounds	<b>SESSION 23</b> Obj: Strength/Work Capacity  <b>Warm-up:</b>  4 Rounds 8x Bench Press @ 65/115# 8x Goblet Squat @ 12kg/25# dumbbell 4x Box Jumps at 20" Instep Stretch  <b>Training:</b>  (1) 8 Rounds 2x Power Clean + Push Press - increase load each round until 2x is hard, but doable 40% Max Rep Pull Ups Hip Flexor Stretch  (2) 17 Rounds, Every Minute on the Minute ....  Rounds 1-5: 5x Power Clean @ 75/115#, then 5x Burpees  Rest Round 6  Rounds 1-5: 6x Power Clean @ 75/115#, then 6x Burpees  Rest Round 12  Rounds 1-5: 7x Power Clean @ 75/115#, then 7x Burpees  (3) 4 Rounds 10x Ankles to Bar 5x Slashers @ 16/20kg Lat + Pec Stretch  (4) Foam Roll Quads/Low Back	<b>SESSION 24</b> Obj: Endurance  <b>Warm up:</b>  4 Rounds 40% Max Rep Push ups 40% Max Rep Sit ups 10x Air Squats Run 100m  (Use Session 17 Assessment Results)  <b>Training:</b>  (1) 3 Rounds 1 Mile Run at Interval Table Pace ((Use Session 19 Assessment Result)  5 Minute Rest between Rounds	<b>SESSION 25</b> Obj: Endurance  <b>Training:</b>  (1) Run 6 miles at a moderate pace.  <i>Moderate = comfortable, but not easy.</i>

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October 2014


WEEK 6				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SESSION 26</b> Obj: Strength/Work Capacity  <b>Warm up:</b>  3 Rounds 8x Back Squat @ 65/95# 8x Push Ups 8x Situps 50% Max Rep Pull Ups Instep Stretch  <b>Training:</b>  (1) 6 Rounds 4x Back Squat - increase load each round until 4x is hard, but doable Pigeon Stretch 6x Kettlebell Floor Press - increase load each round until 6x is hard, but doable Pigeon Stretch  (2) 8 Rounds for Time 8x Back Squat @ 95/135# Run 400m 8x GHD Situps  (3) 4 Rounds 10x EO's 45 Second Front Bridge 5x Dislocate  (4) Foam Roll Quads/Hip Flexors	<b>SESSION 27</b> Obj: Endurance  <b>Warm up:</b>  4 Rounds 50% Max Rep Push ups 50% Max Rep Sit ups 10x Air Squats Run 100m  (Use Session 17 Assessment Results)  <b>Training:</b>  (1) 3 Rounds 1 Mile Ruck Run at Interval Table Pace (Use Session 17 Assessment Result)  5 Minute Rest between Rounds	<b>SESSION 28</b> Obj: Strength/Work Capacity  <b>Warm-up:</b>  4 Rounds 6x Hang Squat Clean @ 45/65# 3x Scotty Bob @ 15/25# 5x EO's Instep Stretch 5x Shoulder Dislocate  <b>Training:</b>  (1) 6 Rounds 2x Hang Squat Clean - increase load each round until 2x is hard, but doable 50% Max Rep Pull Ups Hip Flexor Stretch  (2) 17 Rounds, Every Minute on the Minute ....  Rounds 1-5: 5x Hang Squat Clean @ 65/95#, then 5x Burpees  Rest Round 6  Rounds 7-11: 6x Hang Squat Clean @ 65/95#, then 6x Burpees  Rest Round 12  Rounds 13-17 7x Hang Squat Clean @ 65/95#, then 7x Burpees  (3) 4 Rounds 10x GHD Situps 5x Slashers @ 16/20kg Lat + Pec Stretch  (4) Foam Roll Quads/Low Back	<b>SESSION 29</b> Obj: Endurance  <b>Warm up:</b>  4 Rounds 50% Max Rep Push ups 50% Max Rep Sit ups 10x Air Squats Run 100m  (Use Session 17 Assessment Results)  <b>Training:</b>  (1) 3 Rounds 1 Mile Run at Interval Table Pace (Use Session 19 Assessment Result)  5 Minute Rest between Rounds	<b>SESSION 30</b> Obj: Endurance  <b>Training:</b>  (1) Run 6 miles at a moderate pace.  <i>Moderate = comfortable, but not easy.</i>

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October 2014

WEEK 7				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SESSION 31</b> Rest Day	<b>SESSION 32</b> Obj: Assessment  <b>Warm up:</b>  4 Rounds 10x Air Squats 10x Push ups 10x Situps Instep Stretch  <b>Training:</b>  <b>(1) Max Reps Push Ups in 60 Seconds.</b>  Chest to ground, full elbow lock out. You can stop and "rest" in the up position but can't put your knees down or raise your butt.  <b>(2) Max Reps Situps in 60 Seconds</b>  Fingers interlaced behind head. Feet held down by a partner. Range of Motion – hands touch ground and elbows touch knees. You can rest in the down position if needed.  <b>(3) 3-Mile Ruck Run for Time @ 45# plus 10# dumbbell, sledge hammer or rubber rifle</b>  COMPARE RESULTS TO SESSION 2 AND SESSION 17	<b>SESSION 33</b> Rest Day	<b>SESSION 34</b> Obj: Assessment  Warm up: 4 Rounds 10x Push ups 10x Sit ups 10x Air Squats Run 100m  <b>Training:</b>  <b>(1) Run 3 Miles for Time</b>  COMPARE RESULT TO SESSION 4 AND SESSION 19	<b>SESSION 35</b> Obj: Endurance  <b>Training:</b>  (1) Run 7 miles at a moderate pace.  <i>Moderate = comfortable, but not easy.</i>



	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X
1	3-MILE RUCK INTERVAL PACE TABLE																							
2	3-MILE RUCK (MM:SS)		1-MILE ruck pace (MM:SS)		3-MILE RUCK (MM:SS)		1-MILE ruck pace (MM:SS)		3-MILE RUCK (MM:SS)		1-MILE ruck pace (MM:SS)		3-MILE RUCK (MM:SS)		1-MILE ruck pace (MM:SS)		3-MILE RUCK (MM:SS)		1-MILE ruck pace (MM:SS)		3-MILE RUCK (MM:SS)		1-MILE ruck pace (MM:SS)	
4	24:00	-	24:09	07:07 - 07:34		29:00	-	29:09	08:36 - 09:05		34:00	-	34:09	10:05 - 10:28		39:00	-	39:09	11:34 - 12:00					
5	24:10	-	24:19	07:10 - 07:37		29:10	-	29:19	08:39 - 09:08		34:10	-	34:19	10:08 - 10:31		39:10	-	39:19	11:37 - 12:03					
6	24:20	-	24:29	07:13 - 07:40		29:20	-	29:29	08:42 - 09:11		34:20	-	34:29	10:11 - 10:34		39:20	-	39:29	11:40 - 12:06					
7	24:30	-	24:39	07:16 - 07:43		29:30	-	29:39	08:45 - 09:14		34:30	-	34:39	10:14 - 10:38		39:30	-	39:39	11:43 - 12:10					
8	24:40	-	24:49	07:19 - 07:47		29:40	-	29:49	08:48 - 09:18		34:40	-	34:49	10:17 - 10:41		39:40	-	39:49	11:46 - 12:13					
9	24:50	-	24:59	07:22 - 07:50		29:50	-	29:59	08:51 - 09:21		34:50	-	34:59	10:20 - 10:44		39:50	-	39:59	11:49 - 12:16					
10	25:00	-	25:09	07:25 - 07:53		30:00	-	30:09	08:54 - 09:24		35:00	-	35:09	10:23 - 10:47		40:00	-	40:09	11:52 - 12:19					
11	25:10	-	25:19	07:28 - 07:56		30:10	-	30:19	08:57 - 09:27		35:10	-	35:19	10:26 - 10:50		40:10	-	40:19	11:55 - 12:22					
12	25:20	-	25:29	07:31 - 07:59		30:20	-	30:29	09:00 - 09:30		35:20	-	35:29	10:29 - 10:53		40:20	-	40:29	11:58 - 12:25					
13	25:30	-	25:39	07:34 - 08:02		30:30	-	30:39	09:03 - 09:33		35:30	-	35:39	10:32 - 10:56		40:30	-	40:39	12:01 - 12:28					
14	25:40	-	25:49	07:37 - 08:05		30:40	-	30:49	09:06 - 09:36		35:40	-	35:49	10:35 - 10:59		40:40	-	40:49	12:04 - 12:31					
15	25:50	-	25:59	07:40 - 08:08		30:50	-	30:59	09:09 - 09:39		35:50	-	35:59	10:38 - 11:02		40:50	-	40:59	12:07 - 12:34					
16	26:00	-	26:09	07:43 - 08:12		31:00	-	31:09	09:12 - 09:43		36:00	-	36:09	10:41 - 11:05		41:00	-	41:09	12:10 - 12:37					
17	26:10	-	26:19	07:46 - 08:15		31:10	-	31:19	09:15 - 09:46		36:10	-	36:19	10:44 - 11:08		41:10	-	41:19	12:13 - 12:40					
18	26:20	-	26:29	07:49 - 08:18		31:20	-	31:29	09:18 - 09:49		36:20	-	36:29	10:47 - 11:11		41:20	-	41:29	12:16 - 12:43					
19	26:30	-	26:39	07:52 - 08:21		31:30	-	31:39	09:21 - 09:52		36:30	-	36:39	10:50 - 11:14		41:30	-	41:39	12:19 - 12:46					
20	26:40	-	26:49	07:55 - 08:24		31:40	-	31:49	09:24 - 09:55		36:40	-	36:49	10:53 - 11:17		41:40	-	41:49	12:22 - 12:49					
21	26:50	-	26:59	07:58 - 08:27		31:50	-	31:59	09:27 - 09:58		36:50	-	36:59	10:56 - 11:20		41:50	-	41:59	12:25 - 12:52					
22	27:00	-	27:09	08:01 - 08:30		32:00	-	32:09	09:30 - 10:01		37:00	-	37:09	10:59 - 11:24		42:00	-	42:09	12:28 - 12:56					
23	27:10	-	27:19	08:04 - 08:34		32:10	-	32:19	09:33 - 10:04		37:10	-	37:19	11:02 - 11:27		42:10	-	42:19	12:31 - 12:59					
24	27:20	-	27:29	08:07 - 08:37		32:20	-	32:29	09:36 - 10:07		37:20	-	37:29	11:05 - 11:30		42:20	-	42:29	12:34 - 13:02					
25	27:30	-	27:39	08:10 - 08:40		32:30	-	32:39	09:39 - 10:11		37:30	-	37:39	11:08 - 11:33		42:30	-	42:39	12:37 - 13:05					
26	27:40	-	27:49	08:12 - 08:43		32:40	-	32:49	09:41 - 10:14		37:40	-	37:49	11:10 - 11:36		42:40	-	42:49	12:39 - 13:08					
27	27:50	-	27:59	08:15 - 08:46		32:50	-	32:59	09:44 - 10:17		37:50	-	37:59	11:13 - 11:39		42:50	-	42:59	12:42 - 13:11					
28	28:00	-	28:09	08:18 - 08:49		33:00	-	33:09	09:47 - 10:20		38:00	-	38:09	11:16 - 11:42		43:00	-	43:09	12:45 - 13:14					
29	28:10	-	28:19	08:21 - 08:52		33:10	-	33:19	09:50 - 10:23		38:10	-	38:19	11:19 - 11:45		43:10	-	43:19	12:48 - 13:17					
30	28:20	-	28:29	08:24 - 08:55		33:20	-	33:29	09:53 - 10:26		38:20	-	38:29	11:22 - 11:48		43:20	-	43:29	12:51 - 13:20					
31	28:30	-	28:39	08:27 - 08:59		33:30	-	33:39	09:56 - 10:29		38:30	-	38:39	11:25 - 11:51		43:30	-	43:39	12:54 - 13:23					
32	28:40	-	28:49	08:30 - 09:02		33:40	-	33:49	09:59 - 10:32		38:40	-	38:49	11:28 - 11:54		43:40	-	43:49	12:57 - 13:26					
33	28:50	-	28:59	08:33 - 09:05		33:50	-	33:59	10:02 - 10:35		38:50	-	38:59	11:31 - 11:57		43:50	-	43:59	13:00 - 13:29					



3-MILE RUN INTERVAL PACE TABLE

Downloaded on May 10, 2015 by Clark Maynard,

3-MILE RUN (MM:SS)	1-MILE run pace (MM:SS)	3-MILE RUN (MM:SS)	1-MILE run pace (MM:SS)	3-MILE RUN (MM:SS)	1-MILE run pace (MM:SS)	3-MILE RUN (MM:SS)	1-MILE run pace (MM:SS)
19:00 - 19:09	05:38 - 06:00	24:00 - 24:09	07:07 - 07:32	29:00 - 29:09	08:36 - 08:56	34:00 - 34:09	10:05 - 10:28
19:10 - 19:19	05:41 - 06:03	24:10 - 24:19	07:10 - 07:35	29:10 - 29:19	08:39 - 08:59	34:10 - 34:19	10:08 - 10:31
19:20 - 19:29	05:44 - 06:06	24:20 - 24:29	07:13 - 07:38	29:20 - 29:29	08:42 - 09:02	34:20 - 34:29	10:11 - 10:34
19:30 - 19:39	05:47 - 06:09	24:30 - 24:39	07:16 - 07:41	29:30 - 29:39	08:45 - 09:06	34:30 - 34:39	10:14 - 10:38
19:40 - 19:49	05:50 - 06:13	24:40 - 24:49	07:19 - 07:44	29:40 - 29:49	08:48 - 09:09	34:40 - 34:49	10:17 - 10:41
19:50 - 19:59	05:53 - 06:16	24:50 - 24:59	07:22 - 07:47	29:50 - 29:59	08:51 - 09:12	34:50 - 34:59	10:20 - 10:44
20:00 - 20:09	05:56 - 06:19	25:00 - 25:09	07:25 - 07:50	30:00 - 30:09	08:54 - 09:15	35:00 - 35:09	10:23 - 10:47
20:10 - 20:19	05:59 - 06:22	25:10 - 25:19	07:28 - 07:53	30:10 - 30:19	08:57 - 09:18	35:10 - 35:19	10:26 - 10:50
20:20 - 20:29	06:02 - 06:25	25:20 - 25:29	07:31 - 07:57	30:20 - 30:29	09:00 - 09:21	35:20 - 35:29	10:29 - 10:53
20:30 - 20:39	06:05 - 06:28	25:30 - 25:39	07:34 - 08:00	30:30 - 30:39	09:03 - 09:24	35:30 - 35:39	10:32 - 10:56
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20:50 - 20:59	06:11 - 06:34	25:50 - 25:59	07:40 - 08:06	30:50 - 30:59	09:09 - 09:30	35:50 - 35:59	10:38 - 11:02
21:00 - 21:09	06:14 - 06:38	26:00 - 26:09	07:43 - 08:09	31:00 - 31:09	09:12 - 09:33	36:00 - 36:09	10:41 - 11:05
21:10 - 21:19	06:17 - 06:41	26:10 - 26:19	07:46 - 08:12	31:10 - 31:19	09:15 - 09:36	36:10 - 36:19	10:44 - 11:08
21:20 - 21:29	06:20 - 06:44	26:20 - 26:29	07:49 - 08:15	31:20 - 31:29	09:18 - 09:39	36:20 - 36:29	10:47 - 11:11
21:30 - 21:39	06:23 - 06:47	26:30 - 26:39	07:52 - 08:18	31:30 - 31:39	09:21 - 09:42	36:30 - 36:39	10:50 - 11:14
21:40 - 21:49	06:26 - 06:50	26:40 - 26:49	07:55 - 08:21	31:40 - 31:49	09:24 - 09:45	36:40 - 36:49	10:53 - 11:17
21:50 - 21:59	06:29 - 06:53	26:50 - 26:59	07:58 - 08:25	31:50 - 31:59	09:27 - 09:48	36:50 - 36:59	10:56 - 11:20
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23:40 - 23:49	07:01 - 07:28	28:40 - 28:49	08:30 - 08:59	33:40 - 33:49	09:59 - 10:22	38:40 - 38:49	11:28 - 11:54
23:50 - 23:59	07:04 - 07:31	28:50 - 28:59	08:33 - 09:02	33:50 - 33:59	10:02 - 10:25	38:50 - 38:59	11:31 - 11:57