

Speed 1 WORKOUT FOR SEPTEMBER 5TH

Name	Distance	Goal Time	Start Time	Rep Time
Francis	300m	39.5	10:00	
Francis	300m	39.5	10:03	
Francis	300m	39.5	10:06	
Francis	300m	39.5	10:09	
Francis	300m	39.5	10:12	
Francis	300m	Max	10:15	

Name	Distance	Goal Time	Start Time	Rep Time
Paul	400m	59.5	10:00	
Paul	400m	59.5	10:02	
Paul	400m	59.5	10:04	
Paul	400m	59.5	10:06	
Paul	400m	59.5	10:08	
Paul	400m	59.5	10:10	
Paul	400m	59.5	10:12	
Paul	400m	59.5	10:14	
Paul	400m	59.5	10:16	
Paul	400m	59.5	10:18	
Paul	400m	59.5	10:20	
Paul	400m	Max	10:22	

Name	Distance	Goal Time	Start Time	Rep Time
Fridah	400m	68	10:00	
Fridah	400m	68	10:02	
Fridah	400m	68	10:04	
Fridah	400m	68	10:06	
Fridah	400m	68	10:08	
Fridah	400m	68	10:10	
Fridah	400m	68	10:12	
Fridah	400m	68	10:14	
Fridah	400m	68	10:16	
Fridah	400m	68	10:18	
Fridah	400m	68	10:20	
Fridah	400m	Max	10:22	

Daniel should be running a little faster than Fridah for each rep.
67s maybe