

## Speed Workout #2

Time of Day	Name	Distance	Shoes	Goal Time	Actual Time
<b>10:00</b>	Francis	300m	Racing	34.9	
	Paul	300m	Racing	37.5	
	Daniel	300m	Racing	41	
	Fridah	300m	Racing	42.5	
<b>10:10</b>	Francis	300m	Racing	34.9	
	Paul	300m	Racing	37.5	
	Daniel	300m	Racing	41	
	Fridah	300m	Racing	42.5	
<b>10:20</b>	Francis	300m	Racing	34.9	
	Paul	300m	Racing	37.5	
	Daniel	300m	Racing	41	
	Fridah	300m	Racing	42.5	
<b>10:30</b>	Paul	300m	Racing	37.5	
	Daniel	300m	Racing	41	
	Fridah	300m	Racing	42.5	

Francis has 3 x 300. All others have 4 x 300

These are very strong effort.

If workout is too easy, SPRINT your last rep at Max pace!