

McMillan Speedwork Paces

Source: McMillan Running Calculator

SPEED INTERVALS

(Rest = Half the distance of the interval)

10k Goal Pace →		11:00	10:30	10:00	9:40	9:20	9:00	8:40	8:20	8:00	7:45	7:30	7:15	7:00	6:45	6:30	6:15	6:00
Length (m)	Rest (m)	TOTAL TIME																
400	200	2:29	2:22	2:15	2:11	2:06	2:02	1:57	1:53	1:48	1:45	1:41	1:38	1:34	1:31	1:28	1:24	1:21
600	300	3:48	3:38	3:28	3:21	3:14	3:07	3:00	2:53	2:46	2:41	2:36	2:30	2:25	2:20	2:15	2:10	2:04
800	400	5:08	4:54	4:40	4:31	4:21	4:12	4:03	3:53	3:44	3:37	3:30	3:23	3:16	3:09	3:02	2:55	2:48
1000	500	6:33	6:15	5:58	5:46	5:34	5:22	5:10	4:58	4:46	4:37	4:28	4:19	4:10	4:01	3:52	3:43	3:34
1200	600	7:56	7:34	7:13	6:58	6:44	6:29	6:15	6:00	5:46	5:35	5:24	5:14	5:03	4:52	4:41	4:30	4:19
1600	800	10:44	10:14	9:45	9:26	9:06	8:47	8:27	8:08	7:48	7:33	7:19	7:04	6:49	6:35	6:20	6:06	5:51

10k Goal Pace →		11:00	10:30	10:00	9:40	9:20	9:00	8:40	8:20	8:00	7:45	7:30	7:15	7:00	6:45	6:30	6:15	6:00
Length (m)	Rest (m)	PACE PER 400m LAP																
400	200	2:29	2:22	2:15	2:11	2:06	2:02	1:57	1:53	1:48	1:45	1:41	1:38	1:34	1:31	1:28	1:24	1:21
600	300	2:32	2:25	2:18	2:14	2:09	2:05	2:00	1:55	1:51	1:47	1:44	1:40	1:37	1:33	1:30	1:26	1:23
800	400	2:34	2:27	2:20	2:15	2:11	2:06	2:01	1:57	1:52	1:49	1:45	1:41	1:38	1:34	1:31	1:27	1:24
1000	500	2:37	2:30	2:23	2:18	2:13	2:09	2:04	1:59	1:54	1:51	1:47	1:44	1:40	1:37	1:33	1:29	1:26
1200	600	2:39	2:31	2:24	2:19	2:15	2:10	2:05	2:00	1:55	1:52	1:48	1:45	1:41	1:37	1:34	1:30	1:26
1600	800	2:41	2:34	2:26	2:21	2:17	2:12	2:07	2:02	1:57	1:53	1:50	1:46	1:42	1:39	1:35	1:31	1:28

CRUISE INTERVALS

(Rest = 30sec per quarter mile)

10k Goal Pace →		11:00	10:30	10:00	9:40	9:20	9:00	8:40	8:20	8:00	7:45	7:30	7:15	7:00	6:45	6:30	6:15	6:00
Length (m)	Rest (time)	TOTAL TIME																
400	0:30	2:44	2:36	2:29	2:24	2:19	2:14	2:09	2:04	1:59	1:56	1:52	1:48	1:44	1:41	1:37	1:33	1:29
600	0:45	4:06	3:54	3:43	3:36	3:28	3:21	3:13	3:06	2:59	2:53	2:47	2:42	2:36	2:31	2:25	2:20	2:14
800	1:00	5:29	5:14	4:59	4:49	4:39	4:29	4:19	4:09	3:59	3:52	3:44	3:37	3:29	3:22	3:14	3:07	2:59
1000	1:15	6:50	6:32	6:13	6:00	5:48	5:36	5:23	5:11	4:58	4:49	4:40	4:30	4:21	4:12	4:02	3:53	3:44
1200	1:30	8:11	7:49	7:26	7:12	6:57	6:42	6:27	6:12	5:57	5:46	5:35	5:24	5:13	5:01	4:50	4:39	4:28
1600	2:00	11:00	10:30	10:00	9:40	9:20	9:00	8:40	8:20	8:00	7:45	7:30	7:15	7:00	6:45	6:30	6:15	6:00
Pace per 400m lap:		2:45	2:38	2:30	2:25	2:20	2:15	2:10	2:05	2:00	1:56	1:53	1:49	1:45	1:41	1:37	1:34	1:30