

Trening progressiv 200 m økt

ca. 1:54-1:59 på 800 m		ca. 2:00-2:04 på 800 m		ca. 2:04-2:08 på 800 m		ca. 2:09-2:14 på 800 m		ca. 2:14-2:20		ca. 2:21-2:33		ca. 2:34-2:42		ca. 2:43-2:55	
Pause		Pause		Pause		Pause		Pause		Pause		Pause		Pause	
00:45	32	00:45	34	00:45	35	00:45	37	00:45	39	00:45	42	00:45	45	00:45	48
00:45	31	00:45	33	00:45	34	00:45	36	00:45	38	00:45	41	00:45	44	00:45	47
00:45	31	00:45	33	00:45	34	00:56	36	00:45	38	00:45	41	00:45	44	00:45	47
00:45	30	00:55	32	00:55	33	01:07	35	00:45	37	00:45	40	00:45	43	00:45	46
00:55	30	01:05	32	01:05	33	01:18	35	00:55	37	00:56	40	00:57	43	00:57	46
01:05	29	01:15	31	01:15	32	01:29	34	01:05	36	01:07	39	01:09	42	01:09	45
01:15	29	01:25	31	01:25	32	01:40	34	01:15	36	01:18	39	01:21	42	01:21	45
01:25	28	01:35	30	01:35	31	01:51	33	01:25	35	01:29	38	01:33	41	01:33	44
01:35	28	01:45	30	01:45	31	02:02	33	01:35	35	01:40	38	01:45	41	01:45	44
01:45	28	01:55	30	01:55	31	02:13	33	01:45	34	01:51	38	01:57	40	01:57	43
01:55	27	02:05	29	02:05	30	02:24	32	01:55	34	02:02	37	02:09	40	02:09	43
02:05	27	02:15	29	02:15	30	02:35	32	02:05	34	02:13	36	02:21	39	02:21	42
02:15	27	02:25	29	02:25	30	02:45	32	02:15	34	02:24	36	02:33	39	02:33	42
02:25	27	02:35	28	02:35	29	02:45	31	02:25	33	02:35	35	02:45	38	02:45	41
02:35	26	02:45	28	02:45	29	02:45	31	02:35	33	02:45	35	02:45	38	02:45	41
02:45	26							02:45	33	02:45	35				

Rosa = Ta på piggsko

Rødt = her kan du løpe fortere dersom det er kontrollert og uten for mye syre.