

**Distance (3200 - 3000)**

Group	%	SB	S	R	Dist	TIME	R-Rest	RAT	S-Rest	RAT
Group 1	75%	09:00.0	1	6 x	1000	03:30.9	07:01.9	1 : 2	07:01.9	1 : 2
Group 2	75%	09:20.0	1	6 x	1000	03:38.7	07:17.5	1 : 2	07:17.5	1 : 2
Group 3	70%	09:40.0	1	6 x	1000	03:55.6	07:51.3	1 : 2	07:51.3	1 : 2
Group 4	70%	10:00.0	1	6 x	800	03:15.0	06:30.0	1 : 2	06:30.0	1 : 2
Group 5	65%	10:30.0	1	6 x	800	03:32.6	07:05.3	1 : 2	07:05.3	1 : 2
Group 6	65%	11:30.0	1	6 x	800	03:52.9	07:45.8	1 : 2	07:45.8	1 : 2

**\*\*NOTES:****Mid Distance (Mile - 1500)**

Group	%	SB	S	R	Dist	TIME	R-Rest	RAT	S-Rest	RAT
Group 1	75%	04:00.0	1	8 x	600	01:51.9	03:43.7	1 : 2	03:43.7	1 : 2
Group 2	75%	04:20.0	1	8 x	600	02:01.2	04:02.4	1 : 2	04:02.4	1 : 2
Group 3	70%	04:40.0	1	8 x	600	02:15.7	04:31.5	1 : 2	04:31.5	1 : 2
Group 4	70%	05:00.0	1	6 x	500	02:01.2	04:02.4	1 : 2	04:02.4	1 : 2
Group 5	65%	05:30.0	1	6 x	400	01:50.8	03:41.5	1 : 2	03:41.5	1 : 2
Group 6	65%	06:28.0	1	6 x	400	02:10.2	04:20.4	1 : 2	04:20.4	1 : 2

**\*\*NOTES:****Long Hurdles and Long Sprints (M)**

Group	%	SB	S	R	Dist	TIME	R-Rest	RAT	S-Rest	RAT
Group 1	80%	01:55.0	1	10 x	400	01:09.0	02:18.0	1 : 2	02:18.0	1 : 2
Group 2	80%	02:00.0	1	10 x	400	01:12.0	02:24.0	1 : 2	02:24.0	1 : 2
Group 3	80%	02:05.0	1	8 x	400	01:15.0	02:30.0	1 : 2	02:30.0	1 : 2
Group 4	80%	02:10.0	1	8 x	300	00:58.5	01:57.0	1 : 2	01:57.0	1 : 2
Group 5	80%	02:15.0	1	12 x	200	00:40.5	01:21.0	1 : 2	01:21.0	1 : 2
Group 6	80%	02:20.0	1	12 x	200	00:42.0	01:24.0	1 : 2	01:24.0	1 : 2

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