

Formula for Vigil Acceleration Workout

1. Take 400m PR and divide by 2 (convert to seconds prior)
2. Take 1600m PR, convert to seconds and divide by 16.

Example: 1600m PR=4:00 240 seconds/16=15 400m PR=50.00 50 seconds/2=25

3. Subtract 1600m PR/16 from 400m PR/2 (all converted to seconds)

Example: 25 - 15=10

4. Divide the subtracted number by 10. 10/10=1.0

5. 1.0 is the acceleration ratio for the workout.

6. For a 4:00 miler who runs a 50 second 400m here is the workout breakdown.

100m 110m 120m 130m 140m 150m 160m 170m 180m 190m 200m

15 sec 16 sec 17 sec 18 sec 19 sec 20 sec 21 sec 22 sec 23 sec 24 sec 25 secs

Figure out your times below

1. 400 meter PR in seconds divided by 2: _____ seconds
2. Convert mile PR to seconds and divide by 16. _____ seconds (also write this number in #6 under "100m")
3. 400m PR/2 - 1600m PR divided by 16: _____ seconds
4. Divide the answer from #3 above by 10: _____ second(s)
5. Add the answer from #4 to each 10 meter increment below, starting with 110m

6. 100m 110m 120m 130m 140m 150m 160m 170m 180m 190m 200m
