

COUGAR TRACK & FIELD

2018 speed WINTER CONDITIONING

MONDAY through FRIDAY winter conditioning sessions meet at the track at 3:20pm!

NOTE WARM UP & COOL DOWN PROCEDURES BELOW:

PERFORMANCE WARM-UP

Used for competition & high or medium intensity training sessions

• 300m BAREFOOT run on turf

10 x forward trail leg on fence
10 x backward trail leg on fence
10 x linear leg swings on fence
10 x lateral leg swings on fence

• 300m BAREFOOT run on turf

2 x 20m forward skips w/ arm swing
2 x 20m lateral shuffle w/ arm swing
2 x 20m lateral crossovers

• 300m BAREFOOT run on turf

4 x 50m quick feet accelerations (use hash-marks)

PERFORMANCE COOL-DWN

• Resistance Band Circuit:

-20m lateral squat walk
-10 x prone lateral straight leg lift
-10 x prone hip flexor knee drive
-10 x standing straight leg matrix

• 300m BAREFOOT run on turf

6 minute Abs, Back circuit (60 seconds per activity)

Ab Selection:

-fingertips to wrist
-full sit up
-elbow to knee
-alternate reach
-suitcases
-oblique crunch
-double arm/double leg
-alternate forearm press

Back Selection:

-super dogs
-chest lift
-crawl
-opposite arm/leg

• 300m BAREFOOT run on turf

Stretch circuit

FITNESS WARM-UP

Used for medium or easy (recovery) intensity training sessions

• 300m BAREFOOT run on turf

A: CIRCUIT

9 x 50m jog / strength circuit:

-side leg raises, toe twists
-opposite arm/leg raises, on chest
-resistance half squat circles (push knees out)
-scoops
-hands & knees scorpions
-hurdle position leg lifts
-low reach crunch
-hands & knees hydrants
-resistance half squat circles (push knees in)

Jog Variation Between Each:

-forward jog x 2
-backward jog x 2
-360 jog x 2
-crossover forward jog x 1
-wide step forward jog x 1

B: CIRCUIT

9 x 50m jog / strength circuit:

-hip/trunk rotations, on back, shldrs flat
-pistons, "h" position to full extension
-side clams (legs)
-crunches
-hands & knees bird dogs
-thrusters
-chest lifts
-lateral leg lifts (inverted/neutral/out)
-standing "h"

Jog Variation Between Each:

-forward skip x 2
-backward skip x 2
-lateral skip x 2
-lateral saddle swings x 2

FITNESS COOL-DOWN

• 2 x 20-30m barefoot drills:

-crazy feet (toes up/out, toes up/in, heels up/out, heels up/in)
-2 x 10 heel raises/drops (on step)
-60 sec. toe lift/tap

• 6 minute plank drill:

-continues rotation: front plank/side plank/back plank

Stretch circuit

STRENGTH CIRCUIT A

Use equipment in track shed.

2-3 circuits, 8 reps. MAX weight!:

A1. -8 x bench press (dumbbells)
A2. -8 x bent row (dumbbell)
A3. -20m lunge walk (dumbbells)

B1. -8 x pull up
B2. -8 x military press (dumbbells)
B3. -8 x deadlift (barbell)

C1. -8 x arm curls (dumbbells)
C2. -8 x triceps press (dumbbell)
C3. -20 x side pulls (dumbbell)

STRENGTH CIRCUIT B

Use equipment in track shed.

2-3 circuits, 8 reps. MAX weight!:

A1. -8 x pushup row (dumbbells)
A2. -8 x bent fly (dumbbell)
A3. -8 x full squat (barbell)

B1. -8 x pull up
B2. -8 x straight arm raise matrix (dumbbells)
B3. -8 x kettle bell swing (kettle bell)

C1. -20 x Russian twists (plate)
C2. -60 second running arms (dumbbells)
C3. -8 x pillar dips (dumbbell)

STRETCH CIRCUIT

-Triceps (elbow behind head)
-Shoulder (pull arm in front)
-Oblique/IT band (standing leg crossover, side reach over head)
-Hamstring (standing crossover reach)
-Quad (standing, pull ankle behind glute)
-Upper calf (standing, straight leg)
-Lower calf (standing, bent leg)
-Groin/quad (forward lunge, ankle to glute)
-Groin/hamstring (lateral lunge)
-Quad (hip thrust, knee down)
-IT band (lunge/shin to ground)
-IT band/Glute (ankle on knee, sag hips)
-Hamstring (sit modified hurdle)
-Groin (butterfly sit)
-Hips/back (corkscrew sit)
-Glute/hip (corkscrew sit/ knee to chest)

| SUN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT |
|-------------|---|---|---|--|---|---|
| DECEMBER 3 | 4 *Performance Warm up. *Run 800m ins/outs =jog turns, accelerate on straightaway! *2 x 200m @ 400m pace w/ 5 min. walk 600m recovery after each. =pretty much all-out effort. Brisk walk on recovery! *4 x 200m @ 1600m pace w/ 30 sec. standing rest after each. =brisk pace!!! *Run EASY 5 min. *Performance cool down. | 5 *Fitness warm-up A. *2 x Strength circuit A. *Run 800m ins/outs min. *8-10 x 200m @ 800m pace w/ double time standing recovery after each – run as continuous relay in teams of 3. =still fast pace, but in control. *Run EASY 5 min. *Fitness cool down. | 6 *Fitness warm-up B. *Run EASY 5 min. *14-18 x 100m @ 1600m pace every 60 sec. on turf. =brisk pace! *Run EASY 5 min. *Fitness cool down. | 7 *Performance Warm up. *2 x Strength circuit A. *Run 1600m ins/outs. *1 x 300m TIME TRIAL w/ 12 min. walk 800m recovery after each. =all out effort. Record time for use on pace chart! *Run EASY 5 min. *Performance cool down. | 8 *Fitness warm-up A. *Run EASY 25 min. *Agility Circuit. *Fitness cool down. | 9 *Fitness warm-up B. *Run EASY 10 min. *4 x 150m @ 800m pace w/ equal distance jog btwn each. =still fast pace, but in control. *Run EASY 5 min. *Fitness cool down. |
| DECEMBER 10 | 11 *Performance Warm up. *Run 800m ins/outs. =jog turns, accelerate on straightaway! *2 x 200m @ 400m pace w/ 5 min. walk 600m recovery after each. =pretty much all-out effort. Brisk walk on recovery! *2 x 200m @ 1600m pace w/ 30 sec. standing rest after each. =brisk pace!!! *4 x 40m @ 95% max effort, w/ 30 sec. walk back to start btwn each. *Run EASY 5 min. *Performance cool down. | 12 *Fitness warm-up A. *3 x Strength circuit A. *Run 800m ins/outs. *5-7 x 200m @ 600m pace w/ 3 min. standing rest after each. =slightly less than all-out effort. *Run EASY 5 min. to Calle La Messa! *STEEP HILL REPETITIONS (Calle La Messa): 3-4 x 100m-120m @ 80% max effort, w/ EASY jog back to start btwn each. *Run EASY 5 min. *Fitness cool down. | 13 *Fitness warm-up B. *Run 1200m ins/outs. *1 x 600m @ 800m pace w/ 12 min. walk 1000m recovery after. =still fast pace, but in control. *3 x 250m @ 1600m pace w/ 1 min. walk across recovery after each. =brisk pace! *2 x 300m @ 800m pace w/ 5 min. walk 500m recovery after each. =still fast pace, but in control. *Run EASY 5 min. *Fitness cool down. | 14 *Performance Warm up. *3 x Strength circuit A. *Run 1600m ins/outs. *1 x 300m TIME TRIAL w/ 12 min. walk 1000m recovery after. =all out effort. Record time for use on pace chart! *2-3 x 200m @ 400m pace w/ 5 min. walk 600m recovery after each. =just about all-out effort. Brisk walk on recovery! *Run EASY 5 min. *Performance cool down. | 15 *Fitness warm-up A. *Run EASY 5 min. *14-18 x 100m @ 1600m pace every 60 sec. on turf. =brisk pace! *Run EASY 5 min. *Agility Circuit. *Fitness cool down. | 16 *Fitness warm-up B. *Run EASY 10 min. *4 x 150m @ 800m pace w/ equal distance jog btwn each. =still fast pace, but in control. *Run EASY 5 min. *Fitness cool down. |
| DECEMBER 17 | 18 *Performance Warm up. *Run 1600m ins/outs. *2-3 x 250m @ 400m pace w/ 5 min. walk 550m recovery after each. *2 x 200m @ 1600m pace w/ 30 sec. standing rest after each. *4 x 40m @ 95% max effort, w/ 30 sec. walk back to start btwn each. *Run EASY 5 min. *Performance cool down. | 19 *Fitness warm-up A. *3 x Strength circuit A. *Run 800m ins/outs. *10-12 x 200m @ 800m pace w/ double time standing recovery after each – run as continuous relay in teams of 3. *Run EASY 5 min. *Fitness cool down. | 20 *Fitness warm-up B. *Run 1200m ins/outs. *1-2 x 500m @ 800m pace w/ 12 min. walk 1100m recovery after each. *2 x 200m @ 800m pace w/ 30 sec. standing rest after each. *4 x 40m @ 95% max effort, w/ 30 sec. walk back to start btwn each. *Run EASY 5 min. *Fitness cool down. | 21 *Performance Warm up. *3 x Strength circuit A. *Run 1600m ins/outs. *1 x 300m TIME TRIAL w/ 12 min. walk 1000m recovery after. =all out effort. Record time for use on pace chart! *2-3 x 200m @ 400m pace w/ 5 min. walk 600m recovery after each. *Run EASY 5 min. *Performance cool down. | 22 *Fitness warm-up A. *Run EASY 25 min. *Agility Circuit. *Fitness cool down. | 23 12:00PM EGGNOG MILE & ULTIMATE DEATH MATCH! |
| DECEMBER 24 | 25 *Performance Warm up. *Run 1600m ins/outs. *3 x 250m @ 400m pace w/ 5 min. walk 550m recovery after each. *2 x 200m @ 1600m pace w/ 30 sec. standing rest after each. *4 x 40m @ 95% max effort, w/ 30 sec. walk back to start btwn each. *Run EASY 5 min. *Performance cool down. | 26 *Fitness warm-up A. *3 x Strength circuit A. *Run 800m ins/outs. *5-7 x 200m @ 600m pace w/ 3 min. standing rest after each. *Run EASY 5 min. to Calle La Messa! *STEEP HILL REPETITIONS (Calle La Messa): 4-5 x 100m-120m @ 80% max effort, w/ EASY jog back to start btwn each. *Run EASY 5 min. *Fitness cool down. | 27 *Fitness warm-up B. *Run 1200m ins/outs. *2 x 500m @ 800m pace w/ 12 min. walk 1000m recovery after each. *3 x 250m @ 1600m pace w/ 1 min. walk across recovery after each. *2 x 300m @ 800m pace w/ 5 min. walk 500m recovery after each. *Run EASY 5 min. *Fitness cool down. | 28 *Performance Warm up. *3 x Strength circuit A. *Run 1600m ins/outs. *1 x 350m @ 400m pace w/ 12 min. walk 1000m recovery after. *3-4 x 200m @ 400m pace w/ 5 min. walk 600m recovery after each. *Run EASY 5 min. *Performance cool down. | 29 *Fitness warm-up A. *Run EASY 5 min. *14-18 x 100m @ 1600m pace every 60 sec. on turf. =brisk pace! *Run EASY 5 min. *Agility Circuit. *Fitness cool down. | 30 *Fitness warm-up B. *Run EASY 10 min. *4 x 150m @ 800m pace w/ equal distance jog btwn each. *Run EASY 5 min. *Fitness cool down. |
| DECEMBER 31 | JANUARY 1 *Performance Warm up. *Run 1600m ins/outs. *2 x 300m @ 400m pace w/ 5 min. walk 500m recovery after each. *2 x 150m @ 800m pace w/ 30 sec. walk 50m recovery after each. *4 x 40m INCLINE (track access ramp) @ 95% max effort, w/ 30 sec. walk back to start btwn each. *Run EASY 5 min. *Performance cool down. | 2 *Fitness warm-up A. *3 x Strength circuit A. *Run 800m ins/outs. *10-14 x 200m @ 800m pace w/ double time standing recovery after each – run as continuous relay in teams of 3. *Run EASY 5 min. *Fitness cool down. | 3 *Fitness warm-up B. *Run 1200m ins/outs. *2 x 500m @ 800m pace w/ 12 min. walk 1100m recovery after each. *2 x 200m @ 800m pace w/ 30 sec. standing rest after each. *4 x 40m @ 95% max effort, w/ 30 sec. walk back to start btwn each. *Run EASY 5 min. *Fitness cool down. | 4 *Performance Warm up. *3 x Strength circuit A. *Run 1600m ins/outs. *1 x 350m @ 400m pace w/ 12 min. walk 1000m recovery after. *3-4 x 200m @ 400m pace w/ 5 min. walk 600m recovery after each. *Run EASY 5 min. *Performance cool down. | 5 *Fitness warm-up A. *Run EASY 25 min. *Agility Circuit. *Fitness cool down. | 6 *Fitness warm-up B. *Run EASY 10 min. *3 x 200m @ 800m pace w/ 3 min. walk 200m recovery after each. *Run EASY 5 min. *Fitness cool down. |

| SUN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT |
|------------|---|---|---|---|--|---|
| JANUARY 7 | 8 •Performance Warm up. •Run 1600m ins/outs. •2-3 x 300m @ 400m pace w/ 5 min. walk 500m recovery after each. •2 x 150m @ 800m pace w/ 30 sec. walk 50m recovery after each. •4 x 40m @ 95% max effort, w/ 30 sec. walk back to start btwn each. •Run EASY 5 min. •Performance cool down. | 9 •Fitness warm-up A. •3 x Strength circuit A. •Run 800m ins/outs. •6-8 x 200m @ 600m pace w/ 3 min. standing rest after each. •Run EASY 5 min. to Calle La Messa! •STEEP HILL REPETITIONS (Calle La Messa): 4-6 x 120m-150m @ 80% max effort, w/ EASY jog back to start btwn each. •Run EASY 5 min. •Fitness cool down. | 10 •Fitness warm-up B. •Run 1200m ins/outs. •2 x 600m @ 800m pace w/ 12 min. walk 1000m recovery after each. •3 x 250m @ 1600m pace w/ 1 min. walk across recovery after each. •2 x 300m @ 800m pace w/ 5 min. walk 500m recovery after each. •Run EASY 5 min. •Fitness cool down. | 11 •Performance Warm up. •3 x Strength circuit A. •Run 1600m ins/outs. •1 x 350m @ 400m pace w/ 12 min. walk 1000m recovery after. •4 x 200m @ 400m pace w/ 5 min. walk 600m recovery after each. •Run EASY 5 min. •Performance cool down. | 12 •Fitness warm-up A. •Run EASY 5 min. •2 x 7-9 x 150m @ 1600 pace w/ 50m walking recovery btwn reps. •4 min. 400m walking recovery btwn sets. •Run EASY 5 min. •Agility Circuit. •Fitness cool down. | 13 •Fitness warm-up B. •Run EASY 10 min. •4 x 150m @ 800m pace w/ equal distance jog btwn each. •Run EASY 5 min. •Fitness cool down. |
| JANUARY 14 | 15 •Performance Warm up. •Run 1600m ins/outs. •3 x 300m @ 400m pace w/ 5 min. walk 500m recovery after each. •2 x 150m @ 800m pace w/ 30 sec. walk 50m recovery after each. •4 x 40m INCLINE (track access ramp) @ 95% max effort, w/ 30 sec. walk back to start btwn each. •Run EASY 5 min. •Performance cool down. | 16 •Fitness warm-up A. •3 x Strength circuit A. •Run 800m ins/outs. •12-16 x 200m @ 800m pace w/ double time standing recovery after each – run as continuous relay in teams of 3. •Run EASY 5 min. •Fitness cool down. | 17 •Fitness warm-up B. •Run 1200m ins/outs. •2 x 500m @ 800m pace w/ 12 min. walk 1100m recovery after each. •2 x 200m @ 800m pace w/ 30 sec. standing rest after each. •4 x 40m @ 95% max effort, w/ 30 sec. walk back to start btwn each. •Run EASY 5 min. •Fitness cool down. | 18 •Performance Warm up. •3 x Strength circuit A. •Run 1600m ins/outs. •1 x 350m @ 400m pace w/ 12 min. walk 1000m recovery after. •4 x 200m @ 400m pace w/ 5 min. walk 600m recovery after each. •Run EASY 5 min. •Performance cool down. | 19 •Fitness warm-up A. •Run EASY 25 min. •Agility Circuit. •Fitness cool down. | 20 •Fitness warm-up B. •Run EASY 10 min. •3 x 200m @ 800m pace w/ 3 min. walk 200m recovery after each. •Run EASY 5 min. •Fitness cool down. |
| JANUARY 21 | 22 •Performance Warm up. •Run 1600m ins/outs. •3 x 300m @ 400m pace w/ 5 min. walk 500m recovery after each. •2 x 200m @ 800m pace w/ 30 sec. standing rest after each. •4 x 40m @ 95% max effort, w/ 30 sec. walk back to start btwn each. •Run EASY 5 min. •Performance cool down. | 23 •Fitness warm-up A. •3 x Strength circuit A. •Run 800m ins/outs. •6-8 x 200m @ 600m pace w/ 3 min. standing rest after each. •Run EASY 5 min. to Calle La Messa! •STEEP HILL REPETITIONS (Calle La Messa): 4-6 x 120m-150m @ 80% max effort, w/ EASY jog back to start btwn each. •Run EASY 5 min. •Fitness cool down. | 24 •Fitness warm-up B. •Run 1200m ins/outs. •2 x 600m @ 800m pace w/ 12 min. walk 1000m recovery after each. •3 x 250m @ 1600m pace w/ 1 min. walk across recovery after each. •2 x 300m @ 800m pace w/ 5 min. walk 500m recovery after each. •Run EASY 5 min. •Fitness cool down. | 25 •Performance Warm up. •3 x Strength circuit A. •Run 1600m ins/outs. •1 x 350m @ 400m pace w/ 12 min. walk 1000m recovery after. •4 x 200m @ 400m pace w/ 5 min. walk 600m recovery after each. •Run EASY 5 min. •Performance cool down. | 26 •Fitness warm-up A. •Run EASY 5 min. •2 x 8-10 x 150m @ 1600 pace w/ 50m walking recovery btwn reps. •4 min. 400m walking recovery btwn sets. •Run EASY 5 min. •Agility Circuit. •Fitness cool down. | 27 •Fitness warm-up B. •Run EASY 10 min. •3 x 200m @ 800m pace w/ equal distance jog btwn each. •Run EASY 5 min. •Fitness cool down. |
| JANUARY 28 | 29 •Performance Warm up. •Run 1600m ins/outs. •3 x 300m @ 400m pace w/ 5 min. walk 500m recovery after each. •2 x 200m @ 800m pace w/ 30 sec. standing rest after each. •4 x 40m INCLINE (track access ramp) @ 95% max effort, w/ 30 sec. walk back to start btwn each. •Run EASY 5 min. •Performance cool down. | 30 •Fitness warm-up A. •3 x Strength circuit A. •Run 800m ins/outs. •12-18 x 200m @ 800m pace w/ double time standing recovery after each – run as continuous relay in teams of 3. •Run EASY 5 min. •Fitness cool down. | 31 •Fitness warm-up B. •Run 1200m ins/outs. •2 x 500m @ 800m pace w/ 12 min. walk 1100m recovery after each. •2 x 200m @ 800m pace w/ 30 sec. standing rest after each. •4 x 40m @ 95% max effort, w/ 30 sec. walk back to start btwn each. •Run EASY 5 min. •Fitness cool down. | FEBRUARY 1 •Performance Warm up. •3 x Strength circuit A. •Run 1600m ins/outs. •1 x 350m @ 400m pace w/ 12 min. walk 1000m recovery after. •4 x 200m @ 400m pace w/ 5 min. walk 600m recovery after each. •Run EASY 5 min. •Performance cool down. | 2 •Fitness warm-up A. •Run EASY 25 min. •Agility Circuit. •Fitness cool down. | 3 •Fitness warm-up B. •Run EASY 10 min. •3 x 200m @ 800m pace w/ 3 min. walk 200m recovery after each. •Run EASY 5 min. •Fitness cool down. |

Campolindo High School • COUGAR TRACK & FIELD • Winter Conditioning Calendar

RACE EQUIVELANCY CHARTS:

RACE TIME:

| | | | | | | | | | | | | | |
|-------|------|----|------|----|------|-------|----|-------|------|-------|----|-------|------|
| *300m | 58.5 | 57 | 55.5 | 54 | 52.5 | 51.75 | 51 | 50.25 | 49.5 | 48.75 | 48 | 47.25 | 46.5 |
| 400m | 78 | 76 | 74 | 72 | 70 | 69 | 68 | 67 | 66 | 65 | 64 | 63 | 62 |

WORKOUT PACE:

| | | | | | | | | | | | | | |
|-------------|--------|--------|------|--------|--------|------|------|------|------|------|--------|--------|--------|
| (600m) 180 | 35.5 | 35 | 34 | 33 | 32.5 | 32 | 31.5 | 31.5 | 31 | 31 | 30.5 | 30 | 29.5 |
| (600m) 200 | 40 | 39 | 38 | 37 | 36.5 | 36 | 35.5 | 35 | 34.5 | 34 | 34 | 33.5 | 33 |
| (600m) 150 | 32 | 31 | 30.5 | 29.5 | 29 | 29 | 28.5 | 28 | 27.5 | 27.5 | 27 | 27 | 26.5 |
| (800m) 180 | 38 | 37 | 36 | 35 | 34.5 | 34.5 | 34 | 33.5 | 33 | 32.5 | 32 | 32 | 31.5 |
| (800m) 200 | 42.5 | 41.5 | 40.5 | 39.5 | 39 | 38.5 | 38 | 37.5 | 37 | 36.5 | 36 | 36 | 35.5 |
| (1600m) 100 | 23 | 22 | 22 | 21.5 | 21.5 | 21.5 | 21 | 21 | 20.5 | 20.5 | 20.5 | 20 | 20 |
| (1600m) 200 | 46 | 44 | 44 | 43.5 | 43 | 43 | 42.5 | 42 | 41.5 | 41 | 41 | 41 | 40.5 |
| (1600m) 300 | 69 | 66.5 | 66 | 66 | 65.5 | 65.5 | 64.5 | 63 | 62 | 61.5 | 61.5 | 61.5 | 60.5 |
| (3200m) 300 | 75 | 75 | 74 | 73 | 72.5 | 72 | 72 | 71 | 70 | 70 | 69.5 | 69.5 | 69 |
| (3200m) 400 | 1:40 | 1:40 | 99 | 98 | 97 | 96 | 96 | 95 | 94 | 94 | 93 | 93 | 92 |
| (3200m) 500 | 2:05 | 2:05 | 2:04 | 2:02.5 | 2:01.5 | 2:00 | 2:00 | 1:58 | 1:57 | 1:57 | 1:56.5 | 1:56.5 | 1:55 |
| (3200m) 600 | 2:30.5 | 2:30.5 | 2:29 | 2:27.5 | 2:26 | 2:24 | 2:24 | 2:22 | 2:21 | 2:21 | 2:20 | 2:20 | 2:18.5 |

RACE TIME:

| | | | | | | | | | | | | | |
|-------|-------|----|-------|------|-------|----|-------|------|-------|----|-------|------|-------|
| *300m | 45.75 | 45 | 44.25 | 43.5 | 42.75 | 42 | 41.25 | 40.5 | 39.75 | 39 | 38.25 | 37.5 | 36.75 |
| 400m | 61 | 60 | 59 | 58 | 57 | 56 | 55 | 54 | 53 | 52 | 51 | 50 | 49 |

WORKOUT PACE:

| | | | | | | | | | | | | | |
|-------------|------|--------|--------|--------|--------|--------|--------|--------|------|--------|------|------|--------|
| (600m) 180 | 29 | 28.5 | 28 | 27.5 | 27 | 26.5 | 26 | 26 | 25.5 | 25 | 24.5 | 24 | 24 |
| (600m) 200 | 32.5 | 32 | 31.5 | 31 | 30.5 | 30 | 29.5 | 29 | 28.5 | 28 | 27.5 | 27 | 26.5 |
| (600m) 150 | 26 | 26 | 25.5 | 25 | 24.5 | 24 | 24 | 23.5 | 23 | 23 | 22.5 | 22 | 22 |
| (800m) 180 | 31 | 31 | 30.5 | 30 | 29.5 | 29 | 28.5 | 28 | 27.5 | 27 | 26.5 | 26 | 25.5 |
| (800m) 200 | 35 | 34.5 | 34 | 33.5 | 33 | 32.5 | 32 | 31.5 | 31 | 30.5 | 30 | 29.5 | 29 |
| (1600m) 100 | 20 | 19.5 | 19.5 | 19 | 19 | 18.5 | 18.5 | 18 | 18 | 17.5 | 17.5 | 17 | 17 |
| (1600m) 200 | 40 | 39.5 | 39 | 38.5 | 38 | 37.5 | 37 | 36.5 | 36 | 35.5 | 35 | 34.5 | 34 |
| (1600m) 300 | 60 | 59 | 58.5 | 57.5 | 57 | 56 | 55.5 | 54.5 | 54 | 53 | 53.5 | 53 | 52.5 |
| (3200m) 300 | 68 | 67.5 | 66.5 | 66 | 65 | 65.5 | 64 | 63 | 62 | 61.5 | 60.5 | 60 | 59.5 |
| (3200m) 400 | 91 | 90 | 89 | 88 | 87 | 86 | 85 | 84 | 83 | 82 | 81 | 80 | 79 |
| (3200m) 500 | 1:54 | 1:52.5 | 1:51.5 | 1:50 | 1:48.5 | 1:47.5 | 1:46.5 | 1:45 | 1:44 | 1:42.5 | 1:41 | 1:40 | 1:38.5 |
| (3200m) 600 | 2:17 | 2:15.5 | 2:14 | 2:12.5 | 2:11 | 2:09 | 2:08 | 2:06.5 | 2:05 | 2:03.5 | 2:02 | 2:00 | 1:57.5 |