

## WORKOUT GUIDE

As a guide for your judgement of workouts, the following list indicates the times considered excellent for the usual distances under usual circumstances:

|   |          |            |       |    |        |   |          |            |        |    |        |
|---|----------|------------|-------|----|--------|---|----------|------------|--------|----|--------|
| 2 | Furlongs | (1/4 mile) | :22.3 | or | faster | 6 | Furlongs | (3/4 mile) | 1:12.2 | or | faster |
| 3 | "        | (3/8 mile) | :34.4 | "  | "      | 7 | "        | (7/8 mile) | 1:25.3 | "  | "      |
| 4 | "        | (1/2 mile) | :46.4 | "  | "      | 8 | "        | (one mile) | 1:39.3 | "  | "      |
| 5 | "        | (5/8 mile) | :59.2 | "  | "      |   |          |            |        |    |        |

**Bolded workouts** are referred to as exceptional. Exceptional Works are generally among the fastest 5% of all the drills for that day. (The Digest does not require that all distances are represented among the exceptionals, as the times may be slower than the guidelines established above.) In addition, the Digest points out BTL (better-than-looked) drills, as well as any other morning exercises that seem noteworthy. The latter category takes into consideration team works, 'blowouts' from the gate, etc.