



## LAST ONE STANDING

At The Drop, we're excited to be launching a series of track events throughout the year. The first in the lineup is **Last One Standing** — a test of fitness, focus, and resilience.

This event offers more than just healthy competition. It's a structured way to measure where your fitness currently stands, giving you a clear benchmark to beat at future events. The real question is simple: **how long can you last?** Push yourself, set a standard, then come back and aim to go even further next time.

## WHAT TO EXPECT

For everyone taking part, we want to give you complete clarity on how the event will run and what to expect on the day.

This challenge is built around 400-metre laps with descending time caps.

There will also be a **10-second leeway between each lap**, giving runners time to reset and prepare before the next countdown begins.

If you do not reach the end of the 400m lap by the time cap, you are out and the lap you finish on is your lap to beat for next time.

## TIME CAP

### 400m Lap Time Cap (mm:ss) Pace per km (mm:ss)

1	3:00	7:30
2	2:54	7:15
3	2:48	7:00
4	2:42	6:45
5	2:36	6:30
6	2:30	6:15
7	2:24	6:00
8	2:18	5:45
9	2:12	5:30
10	2:06	5:15
11	2:00	5:00

**400m Lap Time Cap (mm:ss) Pace per km (mm:ss)**

12	1:54	4:45
13	1:48	4:30
14	1:42	4:15
15	1:36	4:00
16	1:30	3:45
17	1:24	3:30
18	1:18	3:15
19	1:12	3:00
20	1:06	2:45

**EVENT DETAILS:****Location:**

We will begin the group warm up at 6.30pm. Please arrive 10 minutes early.

Woodcote High School Athletics Track

21 Meadow Hill, Purley CR8 3HL

Head through the school gates and down into the car park. The athletics track is behind the building on your right as you drive in.

**Date and Time:**

Friday 27<sup>th</sup> February

6.30pm

Please arrive 10 minutes early.

We will begin the group warm up at 6.30pm.

**Price:**

DROP Members the event can be booked through your regular membership plan.

£16.50 for a drop in if you are not a member:

**Additional Information:**

The event is for ages 18+. We would kindly like to ask that only participants attend the event. If you would like to bring a spectator, please contact us directly. Please bring your own water bottle.