Below is the tentative schedule for August – October 2018. Track repeats are run each Tuesday at the Furman University Track. Warm-up begins at the PAC at 12:00pm with repeats typically performed on the track beginning at approximately 12:15pm.

All workouts include 5 minutes of dynamic drills prior to your run; even before you start your warm-up. A description of the 5 dynamic drills is provided on page 195 – 199 of Train Smart, Run Forever. After a 10 to 20 minute warm-up of easy jogging, include four repeats of 100 meters of drills and strides. After doing approximately 10 meters of high knee lifts, gradually accelerate for 80 meters until you reach approximately 90% of full speed and then decelerate over the final 10 meters. Recover for 30 seconds or less, then repeat in the opposite direction. Repeat the same sequence substituting butt kicks for high knee lifts. A description of these two drills is provided on pages 181-182 in the 2012 edition of Run Less, Run Faster.

Some of these workouts specify a distance to run while some of these workouts are specific durations of hard running. For the workouts that indicate a distance (or distances), refer to the 2012 edition of Run Less, Run Faster (pages 66-70) to identify your target time for the specified distance. For the workouts that specify a duration, run either at a perceived effort of “really hard” (heavy breathing) or refer to Appendix A in Train Smart, Run Forever (pages 221 – 227) to identify your target pace for the specified duration.

These workouts are different than those in Run Less, Run Faster, you can complete the workouts listed in the book or feel free to try these workouts. The recovery interval (RI), which is indicated in parentheses, may be a specified timed interval or a distance that you walk/jog.

After your repeat workout on the track, a cool down is important. Jog slowly for 10-15 minutes.

NOTE: some of these distances and times of these workouts are different that previous track workout; that is intentional. Check out the workouts (distances and recovery intervals). Hopefully these workouts will challenge you physically as well as your ability to stay focused.

7, Aug. broken kilometer repeats as…
5 x (400m, 300m, 200m, 100m) with 100m walk RI
Or (your choice)
5 x 400m, 5 x 300m, 5 x 200m, 5 x 100m, (all with 100m walk RI)

14, Aug. 4 minutes focused and fast (2min. RI);
3:30 focused and fast (2min. RI);
3 minutes focused and fast (90sec. RI);
2:30 focused and fast (90sec. RI);
2 minutes focused and fast

21, Aug. 1000m (RI = 90 sec.), 900m (RI = 90 sec.), 800m (RI = 90 sec.),
700m (RI = 90 sec.), 600m (RI = 90 sec.), 500m (RI = 90 sec.), 400m (RI = 90 sec.)

28, Aug. 4 x (5 min Fast; 2 min. easy recovery jog); try to cover the same distance each 5 minute effort
Tuesday Track Workouts  
Aug. – Oct. 2018

4, Sept. 400m (90 sec. RI); 1600m (90 sec. RI);  
400m (90 sec. RI); 1200m (90 sec. RI);  
400m (90 sec. RI); 800m (60 sec. RI);  
400m

11, Sept. 3 x 4:00 (RI = 90 sec), 2 x 2:00 (RI = 60 sec.), 1 x 1:00

18, Sept. 1 mile @ 5K pace (400m RI); not faster than 5K race pace!  
4 x 400m @ faster than 5K race pace (400m RI)  
1 mile @ same as 1st mile

25, Sept. 6 x 1000m (200m easy jog RI) use your ST (short tempo) pace to determine your target time

2, Oct. 20 x 200m @ 5K race pace (200m slow jog RI; no walking on RI) this is a continuous run  
Finish with four continuous laps (1600m) as follows:  
accelerate the straightaway to a sprint, jog the bends for a total of eight accelerations

9, Oct. modified Yasso 800s; 10 x 800m on 5 minutes (start the next 800m repeat every 5 minutes)  
so this is a longer workout; distance and time

16, Oct. 3 x (4 x 400m); 200m jog RI between 400m repeats; 400m jog RI between sets

23, Oct. 1 x 4 min.; 2 x 3 min; 3 x 2 min; 1 x 4 min.; 4 x 1 min; all with 1 min RI (so 35 min. total)

30, Oct. 5 x 300m (1 min. RI); 1 x 1600m (400m RI); 5 x 300m (1 min. RI)

TRACK WORKOUT NOTES:  
The Belk Track at Furman University is a meter track. Tuesday track workouts are expressed as a distance in meters or a time duration (minutes). The rest / recovery interval (RI) is in parentheses and may be either a walk / jog distance or a specified time.