Tu
esday Track Workouts
January – April 2018

Below is the tentative schedule for January through April 2018. Track repeats are run each Tuesday (most at the Furman University Track). Warm-up begins at the PAC at 12:15pm with repeats typically performed on the track beginning at approximately 12:30pm.

All workouts include a 10 to 20 minute warm-up with easy jogging followed by four 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 179 - 182 in *Run Less, Run Faster*.

Unless specified, use the FIRST Key Run #1 training paces for these workouts (see *Run Less, Run Faster* pages 66-70). 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: Check out the workouts (distances and recovery intervals), some of the distances of these workouts are different from “typical” track workout; that is intentional. Hopefully these workouts will challenge you physically as well as your ability to stay focused.

**January 2**
15 weeks to Boston Marathon

3 x 1600m (1min. RI); use your times to help determine your training paces for 2018

**January 9**
14 weeks to Boston Marathon

1 x 1600m @ 10K pace (1min. RI)
2 x 800 @ 5K pace (90sec. RI)
3 x 400 @ mile pace (90sec. RI)
4 x 200 @ 1K pace (2min. RI)
5 x 100 @ peak speed (2min. RI).

**January 16**
13 weeks to Boston Marathon

2 x (4 x 600m); (200m RI; 400m RI between sets)
1st 600m is run at a steady and constant pace
2nd 600m is run with the first 200m all out then the remaining 400 at pace
3rd 600m is run 200m at pace, 200m all out, 200m at pace
4th 600m is run with the first 400m at pace and the last 200m all out

**January 23**
12 weeks to Boston Marathon

6 x 3min (90sec. RI); try to find a gradual incline you can run for these repeats

**January 30**
11 weeks to Boston Marathon

3 sets of the following
600m (100m walk RI); 400m (100m RI); 300m (100m RI); 200m (100m RI)

**February 6**
10 weeks to Boston Marathon

2 x 800m (2min. RI); 1 x 1600m (2min. RI), 4 x 400m (1min. RI)

**February 13**
9 weeks to Boston Marathon

600m (60sec. RI); 1000m (90sec. RI), 600m (60sec. RI), 1000m (2min. RI),
4 x 400m (60sec. RI)

**NOTES:** The Belk Track at Furman University is a meter track. Most repeat and recovery distances are expressed in meters.
**Tuesday Track Workouts**

*January – April 2018*

<table>
<thead>
<tr>
<th>Date</th>
<th>Workout Description</th>
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<tbody>
<tr>
<td>February 20</td>
<td>10 x (alternating 2min. Fast; 2 min. easy recovery jog)</td>
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<tr>
<td>February 27</td>
<td>2000m (2min RI); 10min off track @ goal marathon pace; back to the track straight to 2000m</td>
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<tr>
<td>March 6</td>
<td>4 x (5 min. Fast; 2 min. easy recovery jog)</td>
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<td>March 9</td>
<td>1 x 800m, 2 x 600m, 3 x 400m, 4 x 200m (RI = half the distance of previous repeat)</td>
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<td>March 20</td>
<td>modified Yasso 800s; 10 x 800m on 5 min. (start the next 800m repeat every 5 min.)</td>
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<tr>
<td>March 27</td>
<td>1 x 1600m (400m RI), 1 x 2 miles (400m RI); 1 x 1600m</td>
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<tr>
<td>April 3</td>
<td>5 x 400m (400m RI), 1 x 800 (400m RI), 5 x 400 (400m RI)</td>
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| April 10   | 2 x [5 x (300m (300m RI), 200m (200m RI))]| (400m between sets)  
This workout is as tough to remember as it is to complete.  
You are running 300m fast, recovering, then 200m fast, recovering. |

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