Below is the tentative schedule for January to April 2020. 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 min. 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 min. 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 *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 time 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: the distances and times of these workouts are variable; 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, January**
- 15 weeks to Boston Marathon
  - Identify your running fitness as you start 2020; 3 x 1600m (60 sec. RI)

**14, January**
- 14 weeks to Boston Marathon
  - 5 x 400m (60 sec. RI but 400m RI after #5), 1 x 800 (400m RI), 5 x 400 (90 sec. RI)

**21, January**
- 13 weeks to Boston Marathon
  - 3 sets of the following
    - 600m (100m walk RI); 500m (100m RI); 400m (100m RI); 300m (100m RI)

**28, January**
- 12 weeks to Boston Marathon
  - 2 x 1000m (90sec. RI); 800m (90sec. RI); 600m (60sec. RI);
    - 400m (60sec. RI), 200m (90sec. RI); 1000m

**4, February**
- 11 weeks to Boston Marathon
  - 2 x 800m (2min. RI); 1 x 1600m (2min. RI), 4 x 400m (1min. RI)

**11, February**
- 10 weeks to Boston Marathon
  - 1 x 800m (90 sec. RI); 3 x 1200m (2 min. RI); 1 x 800m

**11, February**
- 10 weeks to Boston Marathon
  - 1600m (2min. RI); 1000m (90sec. RI), 600m (60sec. RI), 800m (90sec. RI), 2 x 400m (60sec. RI)

**18, February**
- 9 weeks to Boston Marathon
  - 600m (60sec. RI); 1000m (90sec. RI), 600m (60sec. RI), 1000m (2min. RI),
    - 1000m (90sec. RI), 600m

**25, February**
- 8 weeks to Boston Marathon
  - 3 x [4 x 400m, (60sec RI); 400m easy jog between sets of 4 repeats]

**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.
Tuesday Track Workouts
January – April 2020

3, March
7 weeks to Boston Marathon
2000m (2min RI); 1 mile @ goal marathon pace then straight to another 2000m effort

10, March
6 weeks to Boston Marathon
1 x 800m, 2 x 600m, 3 x 400m, 4 x 200m (RI = half the distance of distance just completed)

17, March
5 weeks to Boston Marathon
1 x 1600m (400m RI), 1 x 2 miles (400m RI); 1 x 1600m

24, March
4 weeks to Boston Marathon
modified Yasso 800s; 10 x 800m (90 sec. RI)

31, March
3 weeks to Boston Marathon
4 x 400m (60sec. RI), 2000m (400m slow jog RI), 3 x 400m (60sec. RI)

7, April
2 weeks to Boston Marathon
2 x 600m (75sec. RI), 1600m (2min RI), 3 x 400m (75sec. RI)

14, April
8 days prior to the Boston Marathon
3 x [1000m (90sec. RI); 600m (2min. RI)]

April 14
8 days before the Boston Marathon
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.

21, April
3 x 2000M (400m RI)

28, April
1000m (90sec RI), 2000m (2 min RI), 3 x 600m (90sec. RI)

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