Below is the tentative schedule for May through July 2019. 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. 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.

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. These 13 workouts tend to favor somewhat shorter repeats (not many mile repeat efforts) in an effort to help maintain fast leg turn-over as the temperatures increase. 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:** 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.

**May 7** 1000m (2 min. RI), 10 x 300m (100m walk RI; run these at mile pace – not faster!) 1000m

**May 14** 4 x 400m (60sec. RI); 800m (90sec. RI); 2 x 400m (60sec. RI); 600m (90 sec. RI); 3 x 400m (60 sec. RI)

**May 21** 3 x [5 minutes fast (2 min. slow jog RI); 3 minutes hard (1 min. walk RI)]

**May 28** 1000m (90 sec. RI); 4 x 500m (75 sec. RI); 1000m (90 sec. RI); 2 x 500m (75 sec. RI);

**June 4** 10 x 500m (300m RI)

**June 11** 7 x 3:00 (90 sec. RI); try to cover the same distance each 3 minute repeat

**June 18** 1200m, 600m, 1000m, 600m, 800m, 600m (90 sec. RI)

**June 25** 2 x 400m (60 sec. RI); 2 x 600m (75 sec. RI); 800m (90 sec. RI); 2 x 600m (75 sec. RI); 2 x 400m (60 sec. RI)

**July 2** 5K on Thursday (4th of July race) so an easy 30 min. run with three (3) one min. surges (pick the pace up to 85% effort for the 60 sec. surges) and allow yourself a full recovery before doing the next surge. Sequence the three surges throughout the 30 minute run.

**July 9** 400m (60 sec. RI); 6 x 600m (90 sec. RI); 2 x 400m (60 sec. RI)

**July 16** 3 x (800m, 200m, 400m, 200m) (200m RI between reps; 400m between sets)

**July 23** 7 x 700m (RI = 300m)

**July 30** 24 x [200m (200m slow jog RI; no walking)]; this is a continuous run; what is your cumulative run time?