



Tuesday Track Workouts Furman University Fall 2009

Track repeats are run each Tuesday at the Furman University Track. Warm-up begin 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 205-206 in ***Run Less, Run Faster***.

Unless specified, use the FIRST Key Run #1 training paces for these workouts (see ***Run Less, Run Faster*** pages 62-63). 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.

Below is the tentative schedule for Fall 2009.

- 6, Oct. 5 x 1K (400m RI)
 repeats 1, 3 ,5 at 5K race pace; repeats 2 and 4 at mile race pace
- 13, Oct. 4 x 1200m (400m RI)
- 20, Oct. 1 mile @ 5K pace (400m RI)
 4 x 400m @ faster than 5K race pace (400m RI)
 1 mile @ same as 1st mile
- 27, Oct. 1 x 2 miles (400m RI) 1 x 1 mile (400m RI)
- 3, Nov. 1600m, 1200m, 1000m, 800m, 400m (400m RI)
- 10, Nov. 1600m @ 5K race pace (400m RI)
 3 x [600m (200m RI), 200m (200m RI)]
- 17, Nov. 6 x 800m @ 5K pace (1:30 RI)
- 24, Nov. 2 x (6 x 400m) @ 5K pace (1:30 RI and 2:30 RI between sets)
- 1, Dec. 1 mile, 2 miles, 2 x 800m (400m RI after 1 mile and 800m RI after 2 miles)
- 8, Dec. 20 x 200m @ mile race pace (200m RI)
 Finish with four continuous laps (1600m) as follows:
 accelerate the straightaway to a sprint, jog the bends for a total of eight accelerations
- 15, Dec. 400m (1 min. RI)
 1000m (1 min. RI)
 6 x 600m (1 min. RI)
- 22, Dec. 2 x 1600m (2 min. RI)
 4 x 400m (1 min. RI)
- 29, Dec. 3000m @ 5K race pace (400m RI); yes, that is 7.5 laps on a 400m track
 4 x 400m (200m RI)
 2 x 200m (200m RI)