



## Tuesday Track Workouts Furman University May – July 2008

Warm-up begin at 12:15pm with repeats 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 meter strides. Gradually accelerate for 80 meters until you reach approximately 90% of full speed and then decelerate over the final 20 meters. Recover for 30 seconds or less, then repeat in the opposite direction.

The recovery interval (RI), which is indicated in parentheses, may be a specified timed interval or a distance that you walk/jog. Unless specified, use the FIRST Key Run #1 training paces for these workouts (see ***Run Less, Run Faster*** pages 62-63).

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

- April 29      5 x 1K (400m RI)
- May 6         4 x 1200 (400m RI)
- May 13       1 mile @ 5K pace (400m RI)  
4 x 400 @ faster than 5K race pace (400m RI)  
1 mile @ same as 1<sup>st</sup> mile
- May 20       1 x 2 miles (400m RI) 1 x 1 mile (400m RI)
- May 27       1600, 1200, 1000, 800, 400 (400m RI)
- June 3        1 x 1 mile @ 10K pace (1:00 RI).  
2 x 800 @ 5K pace (1:30 RI)  
3 x 400 @ mile pace (1:30 RI)  
4 x 200 @ 1K pace (2:00 RI)
- June 10      6 x 800M @ 5K pace (1:30 RI)
- June 17      2 x (6 x 400) @ 5K pace (1:30 RI and 2:30 RI between sets)
- June 24      1 mile, 2 miles, 2 x 800 (400m RI after 1 mile and 800m RI after 2 miles)
- July 1        3 x (2 x 1200M) (2:00 RI and 4:00 RI between sets)
- July 8        1K, 2K, 1K, 1K (400m RI)
- July 15      2 x (4 x 600m); (200m RI; 400m RI between sets)  
1<sup>st</sup> 600m is run at a steady and constant pace  
2<sup>nd</sup> 600m is run with the first 200m all out then the remaining 400 at pace  
3<sup>rd</sup> 600m is run 200m at pace, 200m all out, 200m at pace  
4<sup>th</sup> 600m is run with the first 400m at pace and the last 200m all out
- July 22      3 x 2000M @ 10K pace (400 meters)
- July 29 10 x 400 (1:00 RI)

### TRACK WORKOUT NOTES:

The Belk Track at Furman University is a meter track. Most Tuesday repeat and recovery distances are expressed in meters. The rest / recovery interval is in parentheses and may be either a walk / jog distance or a specified time.