Below is the tentative schedule for August - September, 2015. 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.

4, August 3 x [1600m (60 sec. RI), 400]; 2 min. RI between sets
11, August 3 x [600m (45 sec. RI), 600m (45 sec. RI), 400m]; 90 sec. RI between sets
18, August 1600m (60 sec. RI), 400m (60 sec. RI), 1200m (60 sec. RI), 400m (60 sec. RI), 1000m (60 sec. RI), 400m
25, August 4 x [500m (40 sec. RI), 400m (45 sec. RI), 300m (45 sec. RI)]; 90 sec. RI between sets
1, Sept. 5 x 1000m (90 sec. RI)
8, Sept. 3 x [3 x 600m (200m jog RI)]; 2 min. slow jog RI between sets
15, Sept. 2000m (90 sec. RI), 400m (60 sec. RI), 1000m (90 sec. RI), 400m (60 sec. RI), 1000m (90 sec. RI), 400m (60 sec. RI)
22, Sept. 400m (60 sec. RI); 2 x 1600m (90 sec. RI), 3 x 400m (60 sec. RI)
25, Sept. 3 x [800m (60 sec. RI), 400m (60 sec. RI), 800m]; 2 min. easy jog between sets