Below is the tentative schedule for Sept. - December 2017. Track repeats are run each Tuesday 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 5 minutes 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 minute 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 the 2012 edition of *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 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: some of these distances and times of these workouts are different than previous track workout; 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.

5, Sept. 1000m (RI = 90 sec.), 900m (RI = 90 sec.), 800m (RI = 90 sec.),
700m (RI = 90 sec.), 600m (RI = 90 sec.), 500m (RI = 90 sec.), 400m (RI = 90 sec.)

12, Sept. 5 x 4 minutes (RI = 90 sec.)

19, Sept. 1 x 1 mile @ 10K pace (1:00 RI).
2 x 800m @ 5K pace (1:30 RI)
3 x 400m @ mile pace (1:30 RI)
4 x 200m @ 1K pace (2:00 RI)

26, Sept. 400m (90 sec. RI); 1600m (90 sec. RI); 400m (90 sec. RI); 1200m (90 sec. RI);
400m (90 sec. RI); 800m (60 sec. RI); 400m

3, Oct. 3 x 2000m @ 10K pace (RI = 400m)

10, Oct. 10 x 800m (RI=running interval time; so this is a longer workout; distance and time)

17, Oct. 1 x 2 miles (400m RI) 1 x 1 mile (400m RI)

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
Sept. – Dec. 2017

24, Oct.
1 mile @ 5K pace (400m RI)
4 x 400m @ faster than 5K race pace (400m RI)
1 mile @ same as 1st mile

31, Oct.
3 x 4:30 (RI = 90 sec), 2 x 2:00 (RI = 60 sec.)

7, Nov.
1600m, 1200m, 1000m, 800m, 400m (400m RI)

14, Nov.
5 x 600m (200m RI)

21, Nov.
6 x [400m (RI = 100m), 400m (RI = 300m)]
the RI for the pair of 400s is not to exceed the running time for pair of 400s
Example: if you run each 400m in 90 seconds, then running time is 3 min (1:30+1:30);
So RI could be 1 min. for the 100m recovery and 2 min. for the 300m recovery.

28, Nov.
2 x 800m (RI = 2 min.); 1 x 1600m (RI = 2 min.), 2 x 800m (RI = 2 min.)

5, Dec.
1600m @ 5K race pace (400m RI)
3 x [600m (200m RI), 200m (200m RI)]

12, 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

19, Dec.
400m (1 min. RI)
1000m (1 min. RI)
6 x 600m (1 min. RI)

26, 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)

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