



Tuesday Track Workouts August - October 2020

Below is the tentative schedule for August to October 2020. Hopefully as some schools consider re-opening, runners are able to once again get on a track for some workouts (I have not run on a track in 4 months but I have continued with a “track” type workout each Tuesday). For those that are still unable to get on a track, a flat section of road that avoids 90 degree turns or a public trail can work as a suitable substitute for track-type workouts.

Track repeats are run each Tuesday at the Furman University Track. Warm-up begins at the PAC at 12:30pm with repeats typically performed on the track beginning at approximately 12:45pm.

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.

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 time 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.

- 4, Aug. 1000m (90 sec. RI), 900m (90 sec. RI), 800m (90 sec. RI),
700m (90 sec. RI), 600m (90 sec. RI), 500m (90 sec. RI), 400m (90 sec. RI)
- 11, Aug. 1 x 1 mile @ 10K pace (60 sec. RI).
2 x 800m @ 5K pace (90 sec. RI)
3 x 400m @ mile pace (90 sec. RI)
4 x 200m @ 1K pace (2 min. RI)
- 18, Aug. 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
- 25, Aug. 3 x 2000m @ 10K pace (400m RI)
- 1, Sep. 2 x 800m (2 min. RI); 1 x 1600m (2 min. RI), 2 x 800m (2 min. RI)
- 8, Sep. 5 x 600m (200m RI)
- 15, Sep. 10 x 800m (RI=running interval time; so this is a longer workout; distance and time)
- 22, Sep. 400m (1 min. RI); 1000m (1 min. RI); 6 x 600m (1 min. RI)

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- 29, Sep. 6 x [400m (100m RI), 400m (300m RI)]
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.
- 6, Oct. 1600m @ 5K race pace (400m RI)
3 x [600m (200m RI), 200m (200m RI)]
- 13, Oct. 1 mile @ 5K pace (400m RI)
4 x 400m @ faster than 5K race pace (400m RI)
1 mile @ same as 1st mile
- 20, Oct. 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
- 27, Oct. 1600m, 1200m, 1000m, 800m, 400m (400m RI)

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