



Tuesday Track Workouts *January - March 2021*

Below is the tentative schedule for January, February, March 2021. 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. For those that do not have access to 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.

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**.

Unless specified, use the FIRST Key Run #1 target times 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 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.

- 5, Jan. start 2021 off with by identifying your current running fitness; 3 x 1600m (60 sec. RI)
see page 45 in *Run Less, Run Faster* to determine your 5K time and to use for target times for subsequent workouts.
- 12, Jan. 5 x 400m (60 sec. RI; 90 sec. after #5), 4 x 400m (60 sec. RI; 90 sec. after #4), 3 x 400m (60 sec. RI)
- 19, Jan. 5 x 1000m (90 sec. RI)
- 26, Jan. 2 x 800m (90sec. RI); 1600m (400m slow jog RI); 4 x 400m (1min RI)
- 2, Feb. 400m (60 sec. RI); 1200m (90 sec. RI); 400m (60 sec. RI); 800m (90 sec. RI); 400m (60 sec. RI);
1200m (90 sec. RI); 400m
- 9, Feb. 10 x (alternating 2min. Fast; 2 min. easy recovery jog; try to avoid walking for the recovery)
- 16, Feb. 1000m (2min. RI); 1600m (90sec. RI), 600m (60sec. RI), 800m (90sec. RI), 2 x 400m (60sec. RI)
- 23, Feb. 3 x broken 1600: 3 x (1000m [75 sec.], 600m [90sec. RI])
- 2, Mar. 1 x 800m, 2 x 600m, 3 x 400m, 4 x 200m (RI = half the distance of previous repeat)
- 9, Mar. 1000m (90 sec. RI); 4 x 500m (75 sec. RI); 1000m (90 sec. RI); 2 x 500m (75 sec. RI);
- 16, Mar. 3 x [5 minutes hard (1 min. walk RI); 3 minutes hard (1 min. walk RI)]
- 23, Mar. 1 x 1600m (400m RI), 1 x 2 miles (400m RI); 1 x 800m
- 30, Mar. 2 x 600m (75sec. RI), 1600m (2min RI), 3 x 400m (75sec. RI)

* The 3rd edition of *Run Less, Run Faster* will be available in late January.

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.