



## *Tuesday Track Workouts* *Sept – Oct 2021*

Below is the tentative schedule for September and October 2021 Tuesday track workouts. Track repeats are run each Tuesday at the Furman University Track. Warm-up begins at the PAC at 12:20pm with running repeats typically performed on the track beginning at approximately 12:40pm. 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 224-226 of *Run Less Run Faster*\*. 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 65 in *Run Less, Run Faster*\*.

Unless specified, use the FIRST Key Run #1 target times for these workouts (see *Run Less, Run Faster*\* pages 80-84).

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.

- 7, Sept. 3 x (4 x 400m); 30 sec. RI after #1, 45 sec. RI after #2, 45 sec. RI after #3; 2 min RI after #4
- 14, Sept. 500m (60 sec. RI); 2 x 1200m (90 sec. RI), 500m (90 sec. RI), 1000m (90 sec. RI), 500m
- 21, Sept. 3 x 1600m (400m RI); 2 x 400m (90 sec. RI)
- 28, Sept. modified Yasso 800s; 10 x 800m on 5 minutes (start the next 800m repeat every 5 minutes)
- 5, Sept. 5 x 600m (200m jog RI), 5 x 400m (100m walk RI)
- 12, Oct. 600m(90sec.RI); 1200m(60sec.RI); 600m(90sec.RI); 1000m(60sec.RI); 600m(90sec.RI); 800m(1min RI), 600m
- 19, Oct. 1600m (200m RI), 1400m (200m RI), 1200m (200m RI), 1000m
- 26, Oct. 6 x 300m (1 min. RI); 1 x 1200m (400m RI); 6 x 300m (1 min. RI)

\* The 3<sup>rd</sup> edition of *Run Less, Run Faster* (2021) by Bill Pierce and Scott Murr.

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.



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- 4, Oct.            1.5 mile tempo run (at ST pace) followed by a 400m RI, then 6 x 500m (90 sec. RI)
- 11, Oct.  
400m            400m (200m RI), 800m (200m RI), 1200m (2 min RI), 1200 (2 min RI), 800m (200m RI),  
400m
- 29, Nov.

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