Below is the tentative schedule for January–April 2022 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.

Tue. 4, Jan. identify your running fitness as you start 2022; 3 x 1600m (60 sec. RI)
Tue. 11, Jan. 5 x 400m (60 sec. RI but 400m RI after #5), 1 x 800 (400m RI), 5 x 400 (90 sec. RI)
Tue. 18 Jan. 3 sets of the following
600m (100m walk RI); 500m (100m RI); 400m (100m RI); 300m (100m RI)
Tue. 25, Jan. 2 x 1000m (90sec. RI); 800m (90sec. RI); 600m (60sec. RI);
400m (60sec. RI), 200m (90sec. RI); 1000m
Tue. 1, Feb. 3 x 1600m (400m jog RI)
Tue. 8, Feb. 1 x 800m (90 sec. RI); 3 x 1200m (2 min. RI); 1 x 800m
Tue. 15, Feb. 1600m (2min.RI); 1000m (90sec.RI), 600m (60sec.RI), 800m (90sec.RI), 2 x 400m (60sec.RI)
Tue. 22, Feb. 2 x 800m (2min. RI); 1 x 1600m (2min. RI), 4 x 400m (1min. RI)
Tue. 1, Mar. 4 x 600m (75sec. RI; 90 sec. RI after repeat # 4); 4 x 600m (90sec. RI);
Tue. 8, Mar. 2000m (2min RI); 1 mile @ goal marathon pace then straight to another 2000m effort

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
January – April 2022

Tue. 15, Mar.  modified Yasso 800s; 10 x 800m (90 sec. RI)

Tue. 22, Mar.  1 x 1600m (400m RI), 1 x 2 miles (400m RI); 1 x 1600m

Tue. 29, Mar.  4 x 400m (60sec. RI), 2000m (400m slow jog RI), 3 x 400m (60sec. RI)

Tue. 5, Apr.  2 x 600m (75sec. RI), 1600m (2min RI), 3 x 400m (75sec. RI)

Tue. 12, Apr.  600m (60sec. RI); 1000m (90sec. RI), 600m (60sec. RI), 1000m (2min. RI),
1000m (90sec. RI), 600m

Tue. 19, Apr.  1 x 800m, 2 x 600m, 3 x 400m, 4 x 200m (RI = half the distance of distance just completed)

Tue. 26, Apr.  3 x [1000m (60sec RI), 600m (2 min RI)]

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