

Below is the tentative schedule for June –August 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.

Since all runners might not have access to a 400m track, and with the popularity and availability of wrist-worn speed-distance monitors (e.g. GPS), it is possible to complete a “track” type workout. For those that do not have access to a 400m track, a flat and relatively straight section of road that avoids 90 degree turns or a public trail can serve 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**.

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

The distances and times of these workouts are variable; that is intentional. Check out the workouts (distances and recovery intervals). Run distances are indicated in meters (e.g. 400m); the distance is also indicated in miles in brackets (e.g. [0.25]). The recovery interval (RI), which is indicated in parentheses, may be a specified time interval or a distance that you walk/jog. Hopefully these workouts will challenge you physically as well as your ability to stay focused. After your repeat workout on the track, a cool down is important. Jog slowly for 10-15 minutes.

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

May 24 600m [0.37] (90sec. walk / jog as RI)
 1000m [0.62] (90sec. walk/jog as RI)
 1609m [1 mile] (2min. walk/jog as RI)
 1000m [0.62] (90sec. walk/jog as RI)
 600m

May 31 3 x [5 minutes hard (60sec. walk as RI); 3 minutes hard (60sec. walk as RI)]

June 7 400m [0.25] (60sec. walk as RI)
 6 x 600m [0.37] (90sec. walk/jog as RI)
 2 x 400m [0.25] (60sec. walk as RI)

TRACK WORKOUT NOTES: The 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 specified distance or a specified time; it is recommended that one walk or jog (keep moving!) for the recovery interval.



Tuesday Track Workouts *June - August 2022*

- June 14 4 minutes hard/fast (60sec. walk/jog as RI);
4 x 1 minute hard/fast (60sec. walk/jog as RI);
2 x 3 minutes hard/fast (60sec. walk/jog as RI);
3 x 2 minutes hard/fast (60sec. walk/jog as RI);
4 x 1 minute hard/fast (60sec. walk/jog as RI);
- June 21 3 x (800m [0.5], 200m [0.12], 400m [0.25], 200m [0.12])
(200m [0.12] walk as RI between reps; 400m [0.25] slow jog between sets)
- June 28 7 x 3 minutes hard/fast (90sec. walk/jog as RI); try to cover the same distance each 3 minute repeat
- July 5 2 x 800m [0.5] (90sec. walk/jog as RI)
1200m [0.75] (90sec. walk/jog as RI), 400m [0.25] (90sec. walk/jog as RI)
1000m [0.75] (90sec. walk/jog as RI), 600m [0.37]
- July 12 6 minutes hard/fast (90sec. easy/slow jog as RI)
5 minutes hard/fast (75sec. easy/slow jog as RI)
4 minutes hard/fast (60sec. easy/slow jog as RI)
3 minutes hard/fast (60sec. easy/slow jog as RI)
2 minutes hard/fast (60sec. easy/slow jog as RI)
1 minute hard/fast
- July 19 2 x 400m [0.25] (60sec. walk as RI)
4 x 800m [0.5] (90sec. walk/jog as RI)
2 x 400m [0.25] (60sec. walk as RI)
- July 26 4 x (5 minutes hard/fast; 2min. easy/slow jog as RI)
- August 2 2 x 500m [0.31] (75sec. walk as RI)
2 x 1000m [0.62] (90sec. walk/jog as RI)
4 x 500m [0.31] (75sec. walk as RI)
- August 9 6 x 800m [0.5]; (90sec. walk/jog as RI after the odd number repeats; 400m [0.25] slow jog as RI after the even number repeats)
- August 16 2 x 400m [0.25] (200m [0.12] walk as RI)
1609m [1.0 mile] (400m [0.25] slow jog as RI)
4 x 400m [0.25] (200m [0.12] walk as RI)
- August 23 complete this workout on the road or trail rather than a track if possible (mimic road race specificity)
0.6 mile (90sec. walk/jog as RI);
4 x 0.3 mile (75sec. walk/jog as RI)
0.6 mile (90sec. walk/jog as RI)
2 x 0.3 mile (75 sec. walk/jog as RI);
- August 30 3000m [1.86] @ 5K race pace (400m [0.25] walk/jog as RI)
4 x 400m [0.25] (200m [0.12] walk/jog as RI)
2 x 200m [0.12] (200m [0.12] walk/jog as RI)

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