Tuesday Track Workouts
October - December 2022

Below is the tentative schedule for Oct. – Dec. 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.

Oct. 4 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.

Oct. 11 1600m @ 5K race pace (400m RI)
3 x [600m (200m RI), 200m (200m RI)]

Oct. 18 1000m (90 sec. RI), 2000m (400m RI), 1000m (90 sec. RI), 1000m

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
October - December 2022

Oct. 25 1 mile @ 5K pace (400m RI)
        4 x 400m @ faster than 5K race pace (400m RI)
        1 mile @ same as 1st mile

Nov. 1 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)
        a 400m track is best for this one

Nov. 8 4 x 4 minutes (90 sec. RI)
        2 x 2 minutes (45 sec. RI)

Nov. 15 800m (200m walk/jog RI), 1600m (400m RI), 4 x (400m [60 sec. RI])

Nov. 22 8 x 600m (200m RI)

Nov. 29 2 x 400m (200m RI)
        2000m @ 5K race pace (400m RI)
        4 x 400m (200m RI)
        3 x 200m (200m RI)

Dec. 6 2 x 600m (200m RI), 1600m (400m RI); 2 x [600m (200m RI), 200m (200m RI)]

Dec. 13 broken kilometer repeats as [5 x (400m, 300m, 200m, 100m)] all with 100m walk RI

Dec. 20 holiday gift workout; your choice:
        5 x 600m (50m walk, 50m slow jog, 50m walk, 50m slow jog RI)
        or
        6 x 500m (100m walk RI)

Dec. 27 3 x [1000m (90 sec. RI), 400m (60sec. RI); 400m (90 sec. RI)]

Jan. 3 start 2023 off with by identifying your current running fitness; 3 x 1600m (60 sec. RI)