



Tuesday Track Workouts January – April 2023

Below is the tentative schedule for January through April 2023 Tuesday track workouts. Track-type repeat workouts are run each Tuesday. Warm-up begins at the PAC at 12:15pm with repeats typically beginning at approximately 12:35pm.

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. In fact, we frequently complete our track-type workouts on the road or the Swamp Rabbit Trail (rails to trail in Greenville). 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. Run distances are indicated in meters (e.g. 400m). 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 ~15 minutes.

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

- 3, Jan. start 2023 off with by identifying your current running fitness; 3 x 1600m (60sec. RI)
- 10, Jan. 7 x 3 minutes “hard” (90sec. RI) (aim to cover the same distance for each repeat)
- 17, Jan. 5 x 1000m (90sec. RI)
- 24, Jan. 4 x 600m (75sec. RI; 90 sec. RI after repeat # 4); 6 x 400m (60sec. RI)
- 31, Jan. 1 x 800m (90sec. RI); 3 x 1200m (2min. RI); 1 x 800m
- 7, Feb. 3 x [1000m (60sec RI), 600m (2min 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 *January – April 2023*

- 14, Feb. 800m (200m RI)
2 miles off the track at tempo pace (see pages 85 – 89 for target pace; 2min RI back to track)
2 x 400m (200m RI)
- 21, Feb. 5 x 400m (60 sec. RI but 400m RI after #5), 1 x 800 (400m RI), 5 x 400 (90 sec. RI)
- 28, Feb. 3 x 1600m (400m jog RI)
- 7, Mar. 1000m (90sec. RI), 900m (90sec. RI), 800m (90sec. RI),
700m (90sec. RI), 600m (90sec. RI), 500m (90sec. RI), 400m (90sec. RI)
a 400m track is best for this workout
- 14, Mar. 800m (90sec.RI); 2 x 400m (60sec.RI); 1600m (2min.RI); 600m (60sec.RI); 1000m (90sec.RI)
- 21, Mar. modified Yasso 800s; 10 x 800m (90 sec. RI)
- 28, Mar. 1 mile @ 5K pace (400m RI)
4 x 400m @ faster than 5K race pace (400m RI)
1 mile @ same as 1st mile
- 4, Apr. 3 x [1000m (90sec. RI), 400m (60sec. RI); 400m (90sec. RI)]
- 11, Apr. 8 x 600m (200m RI)
- 18, Apr. 600m (60sec. RI); 1000m (90sec. RI), 600m (60sec. RI), 1000m (2min. RI),
1000m (90sec. RI), 600m
- 25, Apr. 1 x 800m, 2 x 600m, 3 x 400m, 4 x 200m (RI = half the distance of distance just completed)

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