

BEAUFORT



South Carolina

TRACK CLUB

est. 1976

The purpose of this workout is to maximize your heart rate and get your body use to running in this zone. During the recovery periods, go slow enough to bring your heart rate back down slightly before the next 200. We are going to get the heart rate up and then drop it down over-and-over again. Do not “red line” early during the workout, you should run your splits evenly.

Beginner:

Warm-up: Walk for 5 min

Workout: Straights and curves: Run the straights and walk the curves x +1 lap

Bonus: +2 laps

Cool Down: Walk for 5 min

Intermediate:

Warm-up: 400

Workout: (5k Pace) 200 (Half Lap) walk/jog rest 200 (Half Lap) x 8

Bonus: (5k Pace) 200 (Half Lap) walk/jog rest 200 (Half Lap) x 2

Cool Down: 400

Total: 2.5 Miles or 3 Miles with Bonus

Advanced:

Warm-up: 800

Workout: (faster than 5k Pace) 200 (Half Lap) jog rest 200 (Half Lap) x 12

Bonus: (faster than 5k Pace) 200 (Half Lap) jog rest 200 (Half Lap) x 2

Cool Down: 800

Total: 4 Miles or 4.5 Miles with Bonus