

Rye Tri Club Track Workouts

Start all track workouts with a 800 to 1 mile easy warm up. Stretches, Quads, Calves, Hamstrings, Lunges. Then 5 minutes of skipping, butt kicks etc. 5 x 50-75 yards strides increasing speed but not sprinting.

IF YOU HAVE QUESTIONS E MAIL RAY - RAZORTRI@AOL.COM

BEGINNER WORKOUTS

Session 1 Start with the usual warm up.

5 x 100 faster than you would run on the road but not 'sprinting' . Don't over stride and maybe increase the pace each 100. Recover by jogging, skipping or walking back to the start. Stretch for a few minutes and then repeat 5 x 100 with the same recoveries. After the last rep cool down with an 800-1 mile easy run and stretch

Session 2 Start with the usual warm up.

5 x 100 faster than you would run on the road but not 'sprinting' . Don't over stride and maybe increase the pace each 100. Recover by jogging, skipping or walking back to the start. Stretch for a few minutes and then 3 x 200 with 200 jog/walk recovery. After the last rep cool down with an 800-1 mile easy run and stretch

Session 3 Start with the usual warm up.

10 x 200 at a pace that is faster than your normal run pace. Heart rate will likely get up to Zone 4. Your recovery is 200 jog or walk getting your Heart Rate back down to Zone 1-2. Take a 2-3 minute rest after 5 reps if you feel you need it. After the last rep cool down with an 800-1 mile easy run and stretch

Session 4 Start with the usual warm up.

5 x 200 at a pace that is faster than your normal run pace. Heart rate will likely get up to Zone 4. Your recovery is 200 jog or walk getting your Heart Rate back down to Zone 1-2. 2 minute Rest then 3 x 400 Zone 4 Heart Rate with 400 very slow jog Recovery .After the last rep cool down with an 800-1 mile easy run and stretch

Session 5 Start with the usual warm up.

5 x 400 at a pace that is faster than your normal run pace. Heart rate will likely get up to Zone 3-4. Your recovery is 400 jog getting your Heart Rate back down to Zone 1-2. 2 minute Rest then 3 x 400 Zone 4 Heart Rate with 400 very slow jog Recovery . After the last rep cool down with an 800-1 mile easy run and stretch

Session 6 Start with the usual warm up.

5 x 400 at a pace that is faster than your normal run pace. Heart rate will likely get up to Zone 3-4. Your recovery is 400 jog getting your Heart Rate back down to Zone 1-2. 2 minute Rest then 5 x 400 Zone 4 Heart Rate with 400 very slow jog Recovery . After the last rep cool down with an 800-1 mile easy run and stretch

Start all track workouts with a 800 to 1 mile easy warm up. Stretches, Quads, Calves, Hamstrings, Lunges. Then 5 minutes of skipping, butt kicks etc. 5 x 50-75 yards strides increasing speed but not sprinting.

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ADVANCED WORKOUTS

Session 1 Start with the usual warm up.

8 x 400m with 200m recovery interval. Run the 400s at 3-5 seconds/400 faster than 5k pace. This is a controlled pace at Zone 4 Heart Rate. After the last rep cool down with an 800-1 mile easy run and stretch

Session 2 Start with the usual warm up.

8 x 600m with 400m recovery interval at 3-5 seconds/400 faster than 5k pace. This is a controlled pace at Zone 4 Heart Rate. After the last rep cool down with an 800-1 mile easy run and stretch

Session 3 Start with the usual warm up.

6 x 800m (recover for 400m) at 5 seconds/400 <5k pace This is a controlled pace at Zone 4 Heart Rate. See if you can be consistent with your times. After the last rep cool down with an 800-1 mile easy run and stretch

Session 4 Start with the usual warm up.

2x600m (recover for 400), 2x800 (recover for 400), 2x1000 (recover for 400). 5 seconds/400 faster than 5k. After the last rep cool down with an 800-1 mile easy run and stretch

Session 5 Start with the usual warm up.

2x800m (recover for 400), 2x1000 (recover for 400), 2x1200 (recover for 400). 5 seconds/400 faster than 5k. After the last rep cool down with an 800-1 mile easy run and stretch

Session 6 Start with the usual warm up.

4x800 meters (recover for 400 meters after each) at heart rate zone 5. Then run 1 mile in heart rate zones 4-5a. After the last rep cool down with an 800-1 mile easy run and stretch

Session 7 Start with the usual warm up.

4 x 400 at a pace that is faster than your normal run pace. Heart rate will likely get up to Zone 3-4. Your recovery is 400 jog getting your Heart Rate back down to Zone 1-2. 2 minute Rest then 4 x 600 Zone 4 Heart Rate with 400 very slow jog Recovery . After the last rep cool down with an 800-1 mile easy run and stretch

Session 7 Start with the usual warm up.

4x800 meters (recover for 400 meters after each) at heart rate zone 5. Then run 2 miles in heart rate zones 4-5a. After the last rep cool down with an 800-1 mile easy run and stretch

Session 8 Start with the usual warm up.

2 x 400, 600, 800 at a pace that is faster than your normal run pace. Heart rate will likely get up to Zone 3-4. Your recovery is 400 jog getting your Heart Rate back down to Zone 1-2. 2 minute Rest then 2 x 400 Zone 4-5 Heart Rate with 400 very slow jog Recovery . After the last rep cool down with an 800-1 mile easy run and stretch. Once you have got to this stage you can handle the more advanced workouts.

Session 8 Start with the usual warm up.

3 x1 Mile (recover for 400 meters after each) at heart rate zone 4-5. 2x800 meters. (recover for 400 meters after each) After the last rep cool down with an 800-1 mile easy run and stretch .
****Once you have established what you Mile pace is a Threshold Heart Rate you can continue to build these 1 mile repeats depending on what distance race you are training for****