USAFIT ALBUQUERQUE

Track Workouts - SPRING 2025

Week			Half Marathon	Recovery	5K & 10K	Recovery
1	3/11/25		2 mile TT		1 mile TT	
2	3/18/25		6 X 400 (2 x 200 Fast)	1 minute	4 X 200	1 minute
3	3/25/25	TEMPO	3 X 800 (2 x 200 Fast)	2-3 minutes	4 X 400 (2 X 200 fast)	2 minutes
4	4/1/25		2 X 400, 800, 2 X 400	1 min/2-3 min	2 X 200, 2 X 400, 2 X 200	1 min/2 min
5	4/8/25		2 X 1 mile (3 x 200 Fast)	1-3 minutes	3 X 800	3 minutes
6	4/15/25	INTERVAL	6 X 400	RWR	4 X 200	RWR
7	4/22/25		4-6 X 800	RWR	4 X 400	RWR
8	4/29/25		6 X 200	RWR	6 X 200	RWR

Running Form Drills-After 1 mile warmup run		
High Knees	25 meters	
Butt Kicks	25 meters	
A Skip	25 meters	
Karoake	25 meters	
Lunges	25 meters	
Strides	2-4 x 200 meters	

Explanation of Abbreviations

TT = Time Trial--These are 100% efforts that will be used as benchmarks in order to establish your current fitness level.

T = Tempo Pace--This is the pace that you could race for approximately one hour. It has often been characterized as "comfortable hare" --meaning that you could hold a conversation, but not very easily. This pace is about 45-50 seconds slower per mile than your 2-mile time trial pace (88-92% of your heart max.

I = Interval Pace--This is the pace that. you can hold for approximately 12 minutes. This pace ends up being roughly equivalent to your 2-mile TT pace.
These are hard workouts--95% of max heart rate.

Fast = Fast Run--These runs are designed to improve your running efficiency and improve your kick at the end of a race withour placing undo stress on your cardiovascular system. Do thses after you have completely recovered from your intervals.

RWR = Rest What you Run -- If it takes you 3 minutes to run an 800, then you rest for about 3 minutes before starting your next one. This is an active rest meaining you walk for the rest time and drink if needed. RWR is the recovery after Interval Pace.