



Track Workouts by First Gear

Wednesday Evenings, 6:30 pm -
Friends University Track

*Open to members of **First Gear Running Team** or **Kansas River Valley Triathlon Club***

Wednesday, August 6, 2008

2 Mile Warm-Up

For those not racing this weekend -

800 Interval

400 Recovery

Repeat 3 more times

For anyone racing – mix of 200's/400's-

200 Interval / 200 Recovery

200 Interval / 200 Recovery

400 Interval / 400 Recovery

Repeat 1 or 2 more times

2 Mile Warm-Up

Wednesday, July 30, 2008 (Ladder)

2 Mile Warm-Up

400 Interval / 400 Recovery

800 Interval / 400 Recovery

1200 Interval / 400 Recovery

800 Interval / 400 Recovery

400 Interval / 400 Recovery

2 Mile Cool-Down

Wednesday, July 23, 2008 (400's)

2 Mile Warm-Up

400 Interval / 200 Recovery

400 Interval / 200 Recovery

400 Interval / 400 Recovery

Repeat 2 more times

2 Mile Cool-Down

Wednesday, July 16, 2008

2 Mile Warm-Up

400 Interval / 200 Recovery

400 Interval / 200 Recovery

800 Interval / 400 Recovery

400 Interval (*Optional*) / 200 Recovery

400 Interval / 200 Recovery

2 Mile Cool-Down

Wednesday, July 9, 2008 (800's)

2 Mile Warm-Up

800 Interval / 400 Recovery

Repeat 3 more times

2 Mile Cool-Down

Wednesday, July 2, 2008 (Short Ladder)

2 Mile Warm-Up

200 Interval / 200 Recovery

400 Interval / 200 Recovery

600 Interval / 400 Recovery

800 Interval (*Optional*) / 400 Recovery

600 Interval / 200 Recovery

400 Interval / 200 Recovery

200 Interval / 200 Recovery

2 Mile Cool-Down

Wednesday, June 18, 2008

For those that did long distance races last weekend, go easy - 2 mile warm up, another 3 miles+ at a comfortable pace.

For everyone else, decreasing ladder -

2 Mile Warm-Up

600 Interval / 200 Recovery

600 Interval / 200 Recovery

400 Interval / 200 Recovery

400 Interval / 200 Recovery

200 Interval / 200 Recovery

200 Interval / 200 Recovery

2 Mile Cool-Down

Wednesday, June 11, 2008

Triathlons coming up this weekend, so go a little easier –

2 Mile Warm-Up

400 Interval / 200 Recovery

Repeat as many times as desired.

2 Mile Cool-Down

Wednesday, June 4, 2008

2 Mile Warm-Up

800 Interval / 400 Recovery

Repeat 4 or more times

2 Mile Cool-Down

Wednesday, May 28, 2008 (Long Ladder)

2 Mile Warm-Up

400 Interval / 200 Recovery

800 Interval / 400 Recovery

1200 Interval / 400 Recovery

1600 Interval / 400 Recovery

1200 Interval / 400 Recovery

800 Interval / 400 Recovery

400 Interval / (cut the 1600 for a shorter workout)

2 Mile Cool-Down

[Wednesday, May 21, 2008](#) (Windy Conditions, therefore 300's)
2 Mile Warm-Up

300 Interval w/ wind
100 Recovery against wind
300 Interval
100 Recovery
300 Interval
100 Recovery
Repeat 2 to 3 times

2 Mile Cool-Down

[Wednesday, May 14, 2008](#)

2 Mile Warm-Up

400 Interval / 200 Recovery
400 Interval / 200 Recovery
400 Interval / 400 Recovery
Repeat 2 to 3 times

2 Mile Cool-Down

[Wednesday, May 7, 2008](#)

Raining – only three die-hards showed up.
Workout of Your Choice

[Wednesday, April 30, 2008](#) (Descending)

2 Mile Warm-Up

400 Interval / 200 Recovery
Repeat 2 more times

300 Interval / 200 Recovery
Repeat 2 more times

200 Interval / 200 Recovery
Repeat 2 more times

2 Mile Cool-Down

[Wednesday, April 23, 2008](#) (300's)

2 Mile Warm-Up

300 Interval / 100 Recovery
300 Interval / 100 Recovery
300 Interval / 100 Recovery
Repeat 2 to 3 times

2 Mile Cool-Down

[Wednesday, April 16, 2008](#) (400's)

2 Mile Warm-Up

400 Interval / 200 Recovery
400 Interval / 200 Recovery
400 Interval / 400 Recovery
Repeat 2 to 3 times

2 Mile Cool-Down

[Wednesday, April 9, 2008](#)

Rained Out

[Wednesday, April 2, 2008](#) (800's)

2 Mile Warm-Up

800 Interval / 400 Recovery
800 Interval / 400 Recovery
800 Interval / 400 Recovery
800 Interval / 400 Recovery

2 Mile Cool-Down

[Wednesday, March 26, 2008](#) (Ladder)

2 Mile Warm-Up

400 Interval / 200 Recovery
600 Interval / 200 Recovery
800 Interval / 400 Recovery
600 Interval / 200 Recovery
400 Interval / 200 Recovery

2 Mile Cool-Down

[Wednesday, March 19, 2008](#) (400's)

2 Mile Warm-Up

400 Interval / 200 Recovery
400 Interval / 200 Recovery
400 Interval / 400 Recovery
Repeat

2 Mile Cool-Down