Track Workouts

Week 1*:*(4) Four - 400’s - Timed - 1 Minute or 1 Minute and 5 Seconds

(6**)** Six - 200’s **-** Timed - 28 Seconds or 30 Seconds

Week 2*:*(5) Five - 400’s - Timed - 1 Minute or 1 Minute and 5 Seconds

(5) Five - 200’s - Timed - 1 Minute or 1 Minute and 5 Seconds

Week 3: (2) Four - 400’s - Timed - 1 Minute or 1 Minute and 5 Seconds

(8) Eight - 200’s - Timed - 28 Seconds or 30 Seconds

Week 4: (4) Four - 200’s - Timed - 28 Seconds or 30 Seconds

(6) Six - 100’s - Timed - 10 Seconds or 12 Seconds

Week 5: (8) Eight - 100’s - Timed – 10 Seconds or 12 Seconds

(2) Sixties – 60’s - Timed – 8 Seconds

Week 6: (6) Six – 100’s - Timed – 10 Seconds or 12 Seconds

(4) Sixties – 60’s - Timed – 10 Seconds

Week 7: (6) Six – 100’s - Timed – 12 Seconds , (2) Two – 60’s – Timed - 10 seconds, (2) Two – 40’s ***=***