

Fast Track Racing Team track workouts (first 11 weeks)

Wednesday March 22nd
12 x 400m w/ 90 sec. rest

Wednesday April 19th
12 x 400m w/ 90 sec. rest

Wednesday May 17th
12 x 400m w/ 90 sec. rest

Wednesday March 29th
6 x 800m w/ 2 min. rest

Wednesday April 26th
6 x 800m w/ 2 min. rest

Wednesday May 24th
6 x 800m w/ 2 min. rest

Wednesday April 5th
Ladder: 200, 200, 400,
400, 400, 800, 800, 400
400, 400, 200, 200
(20 sec. rest after 200's)
(90 sec. rest after 400's)
(2 min. rest after 800's)

Wednesday May 3rd
Ladder: 200, 200, 400,
400, 400, 800, 800, 400
400, 400, 200, 200
(20 sec. rest after 200's)
(90 sec. rest after 400's)
(2 min. rest after 800's)

Wednesday May 31st
Ladder: 200, 200, 400
400, 400, 800, 800, 400
400, 400, 200, 200
(20 sec. rest after 200's)
(90 sec. rest after 400's)
(2 min. rest after 800's)

Wednesday April 12
6 x 1000m
(2:00-2:30 rest)

Wednesday May 10th
6 x 1000m
(2:00-2:30 rest)