

BRRR Track Workout Schedule for Session 1 2012 ~ Jan 6th to April 10th

All workouts include a 1 mile warm-up plus 800 meters of striders and a 1 mile cool down.
(the work-outs can be run continuously or in set's with a break in-between)

Runs in this column total 2-2.5 miles of speed		
Work-Out Week 1		
Reps	Distance	Recovery
2	200	100
1	800	200
2	400	400
2 Minutes Rest		
2	800	400
1	400	200
Work-out Miles	2.5	1.375
2 sets of 2x200 - 1x800 - 2x400 w/ 2 min rest between		

Runs in this column total 3 miles of speed		
Work-Out Week 1		
Reps	Distance	Recovery
2	400	200
1	800	400
2	400	200
2 Minutes Rest		
2	400	200
1	800	400
2	400	200
Work-out Miles	3	1.5
2 sets of 2x400 - 1x800 - 2x400 w/ 2 min rest between		

Runs in this column total 4 - 4.5 miles of speed		
Work-Out Week 1		
Reps	Distance	Recovery
3	400	200
1	800	400
3	400	200
2 Minutes Rest		
3	400	200
1	800	400
3	400	200
Work-out Miles	4	2
2 sets of 3x400 - 1x800 - 3x400 w/ 2 min rest between		

Work-Out Week 2		
Reps	Distance	Recovery
1	200	100
1	400	200
1	800	400
1	1000	500
2 Minutes Rest		
1	400	200
1	400	200
1	800	400
1		
Work-out Miles	2.5	1.25
2 sets of 1 each w/ 2 min rest between sets		

Work-Out Week 2		
Reps	Distance	Recovery
1	200	100
1	400	200
1	800	400
1	1000	500
2 Minutes Rest		
1	200	100
1	400	200
1	800	400
1	1000	500
Work-out Miles	3	1.5
2 sets of 1 each w/ 2 min rest between sets		

Work-Out Week 2		
Reps	Distance	Recovery
1	400	200
1	800	400
1	1200	600
1	800	400
2 Minutes Rest		
1	400	200
1	800	400
1	1200	600
1	800	400
Work-out Miles	4	2
2 sets of 1 each w/ 2 min rest between sets		

Work-Out Week 3		
Reps	Distance	Recovery
2	800	400
2 Minutes Rest		
2	1200	800
Work-out Miles	2.5	1.5
2 sets of 2 each		

Work-Out Week 3		
Reps	Distance	Recovery
2	1200	800
2 Minutes Rest		
2	1200	800
Work-out Miles	3	1.5
2 sets of 2 each		

Work-Out Week 3		
Reps	Distance	Recovery
3	1200	800
2 Minutes Rest		
3	1200	800
Work-out Miles	4.5	2
2 sets of 3 each		

Work-Out Week 4		
Reps	Distance	Recovery
5	400	200
2 Minutes Rest		
5	400	200
Work-out Miles	2.5	1.5
2 sets of 5x400 w/ 2 min rest between sets		

Work-Out Week 4		
Reps	Distance	Recovery
6	400	200
2 Minutes Rest		
6	400	200
Work-out Miles	3	1.5
2 sets of 6x400 w/ 2 min rest between sets		

Work-Out Week 4		
Reps	Distance	Recovery
8	400	200
2 Minutes Rest		
8	400	200
Work-out Miles	4	2
2 sets of 8x400 w/ 2 min rest between sets		

Work-Out Week 5		
Reps	Distance	Recovery
1	400	200
1	800	400
1	800	400
2 Minutes Rest		
Work-out Miles	2.5	1.25
2 sets		

Work-Out Week 5		
Reps	Distance	Recovery
1	400	200
1	800	400
1	1200	600
2 Minutes Rest		
Work-out Miles	3	1.5
2 sets		

Work-Out Week 5		
Reps	Distance	Recovery
1	400	200
1	800	400
1	1200	600
2 Minutes Rest		
Work-out Miles	4.5	2.25
3 sets		

Work-Out Week 6		
Reps	Distance	Recovery
1	1200	600
2 Minutes Rest		
1	1600	800
2 Minutes Rest		
1	1200	600
Work-out Miles	2.5	0.75

Work-Out Week 6		
Reps	Distance	Recovery
1	1200	600
1	1600	800
2 Minutes Rest		
1	1200	600
1	800	400
Work-out Miles	3	1.5

Work-Out Week 6		
Reps	Distance	Recovery
1	1200	600
1	1600	800
2 Minutes Rest		
1	1200	600
1	1600	800
1	800	400
Work-out Miles	4	2

Work-Out Week 7		
	Distance	Recovery
100 Hard/100 Slow	100	100
	200	200
	300	300
	400	
2 Minutes Rest		
Work-out Miles	2.5	1.5
4 sets		

Work-Out Week 7		
	Distance	Recovery
100 Hard/100 Slow	100	100
	200	200
	300	300
	400	
2 Minutes Rest		
Work-out Miles	3.125	1.875
5 sets		

Work-Out Week 7		
Reps	Distance	Recovery
100 Hard/100 Slow	100	100
	200	200
	300	300
	400	
2 Minutes Rest		
Work-out Miles	4.375	1.125
7 sets		

Work-Out Week 8		
Reps	Distance	Recovery
1	2400	800
2 Minutes Rest		
1	1600	800
Work-out Miles	2.5	1

Work-Out Week 8		
Reps	Distance	Recovery
1	2400	800
2 Minutes Rest		
1	2400	800
Work-out Miles	3	

Work-Out Week 8		
Reps	Distance	Recovery
1	2400	800
2 Minutes Rest		
1	2400	800
2 Minutes Rest		
1	1600	800
Work-out Miles	4	

Week 8 Alternative Work-Out, Linton Bridge Repeats

Work-Out Week 9		
Reps	Distance	Recovery
1	800	400
2 Minutes Rest		
1	1600	800
2 Minutes Rest		
1	1600	800
Work-out Miles	2.5	1.25

Work-Out Week 9		
Reps	Distance	Recovery
1	800	400
1	1600	800
2 Minutes Rest		
1	1600	800
1	800	400
Work-out Miles	3	1.5

Work-Out Week 9		
Reps	Distance	Recovery
1	800	400
1	1600	800
1	800	400
2 Minutes Rest		
1	800	400
1	1600	800
1	800	400
Work-out Miles	4	2

Work-Out Week 10		
Reps	Distance	Recovery
1	200	100
1	400	200
1	200	100
2 Minutes Rest		
Work-out Miles	2	1.5
4 Sets		

Work-Out Week 10		
Reps	Distance	Recovery
1	200	100
1	400	200
1	200	100
90 Sec. Rest		
Work-out Miles	3	1.5
6 Sets		

Work-Out Week 10		
Reps	Distance	Recovery
1	200	100
1	400	200
1	200	100
90 Sec. Rest		
Work-out Miles	4	2
8 Sets		

Work-Out Week 11		
Reps	Distance	Recovery
1	1600	800
2 Minutes Rest		
1	1600	800
2 Minutes Rest		
1	800	400
Work-out Miles	2.5	1.25

Work-Out Week 11		
Reps	Distance	Recovery
1	1600	800
2 Minutes Rest		
Work-out Miles	3	1.5
3 Sets		

Work-Out Week 11		
Reps	Distance	Recovery
1	1600	800
2 Minutes Rest		
Work-out Miles	4	2
4 Sets		

Work-Out Week 12		
Reps	Distance	Recovery
2	200	100
1	800	200
2	400	400
2 Minutes Rest		
2	800	400
1	400	200
Work-out Miles	2.5	1.375

Work-Out Week 12		
Reps	Distance	Recovery
2	400	200
1	800	400
2	400	200
2 Minutes Rest		
2	400	200
1	800	400
2	400	200
Work-out Miles	3	1.5

Work-Out Week 12		
Reps	Distance	Recovery
3	400	200
1	800	400
3	400	200
2 Minutes Rest		
3	400	200
1	800	400
3	400	200
Work-out Miles	4	2

Work-Out Week 13		
Reps	Distance	Recovery
2	800	400
2 Minutes Rest		
3	800	400
Work-out Miles	2.5	1.25

Work-Out Week 13		
Reps	Distance	Recovery
3	800	400
2 Minutes Rest		
3	800	400
Work-out Miles	3	1.5

Work-Out Week 13		
Reps	Distance	Recovery
4	800	400
2 Minutes Rest		
4	800	400
Work-out Miles	4	2

Work-Out Week 14		
Reps	Distance	Recovery
1	200	100
1	400	200
1	600	300
1	800	200
2 Minutes Rest		
1	1200	800
1	800	400
Work-out Miles	2.5	1.25

Work-Out Week 14		
Reps	Distance	Recovery
1	200	100
1	400	200
1	600	300
1	800	200
2 Minutes Rest		
1	1600	800
1	800	400
1	400	400
Work-out Miles	3	1.5

Work-Out Week 14		
Reps	Distance	Recovery
1	400	200
1	800	400
1	1200	600
1	1600	800
2 Minutes Rest		
1	1200	600
1	800	400
1	400	200
Work-out Miles	4	2

Work-Out Week 15		
Reps	Distance	Recovery
1	1200	600
2 Minutes Rest		
1	1600	800
2 Minutes Rest		
1	1200	600
Work-out Miles	2.5	1.25

Work-Out Week 15		
Reps	Distance	Recovery
1	1600	800
2 Minutes Rest		
1	3200	1600
Work-out Miles	3	

Work-Out Week 15		
Reps	Distance	Recovery
1	1600	800
2 Minutes Rest		
1	3200	1600
2 Minutes Rest		
1	1600	800
Work-out Miles	4	

Work-outs subject to change at any time for any reason or just because !

<i>Session #3</i>

Week 1	January 3, 2012
Week 2	January 10, 2012
Week 3	January 17, 2012
Week 4	January 24, 2012
Week 5	January 31, 2012
Week 6	February 7, 2012
Week 7	February 14, 2012
Week 8	February 21, 2012
Week 9	February 28, 2012
Week 10	March 6, 2012
Week 11	March 13, 2012
Week 12	March 20, 2012
Week 13	March 27, 2012
Week 14	April 3, 2012
Week 15	April 10, 2012



BRRR FAU Track Program
3 - 15 week sessions a year
\$30 per session for members
Or
\$3.00 per week for members
\$5.00 week for non-members
BRRR Club Membership \$30 year
for individuals \$35 for Family.