

# CARA Tuesday Night Track Workouts

Session II: August 9 - October 11, 2022

## Week 1 - AUG. 9

6-8 x 200m  
@ 5k-1mi Pace

200m Walk/Jog Rest

## Week 2 - AUG. 16

6-8 x 400m  
@ 5k-1mi Pace

2 Min Rest

## Week 3 - AUG. 23

Speed Ladder:  
2 Sets (200m, 400m, 600m, 800m)  
@ 5k-1mi Pace

2 Min Rest

## Week 4 - AUG. 30

6-8 x 600m  
@ 5k Pace

3 Min Rest

## Week 5 - SEPT. 6

Cutdown Ladder:  
2 Sets (800m, 600m, 400m, 200m)  
@ 5k-1mi Pace

3 Min Rest

## Week 6 - SEPT 13

5-6 x 800m  
@ 5k Pace

3-4 Min Rest

## Week 7 - SEPT 20

Cutdown Ladder:  
1000m, 800m, 600m, 400m, 200m  
@ 5k-1mi Pace

3 Min Rest

## Week 8 - SEPT 27

6-8 x 400m  
@ 1mi Pace

2-3 Min Rest

## Week 9 - OCT. 4

6-8 x 200m  
@ 1mi Pace

200m Walk/Jog Rest



## Week 10- OCT. 11

1 Mile  
Time Trial

Visit  
[www.cararuns.org](http://www.cararuns.org)