

# CARA Run Crew Track Workouts

***Spring Session March 21 - May 23***

## Week 1 - March 21

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

200m Walk/Jog Rest

## Week 2 - March 28

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

2 Min Rest

## Week 3 - April 4

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

2 Min Rest

## Week 4 - April 11

6-8 x 600m  
@ 5k Pace

3 Min Rest

## Week 5 - April 18

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

3 Min Rest

## Week 6 - April 25

5-6 x 800m  
@ 5k Pace

3-4 Min Rest

## Week 7 - May 2

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

3 Min Rest

## Week 8 - May 9

6-8 x 400m  
@ 1mi Pace

2-3 Min Rest

## Week 9 - May 16

6-8 x 200m  
@ 1mi Pace

200m Walk/Jog Rest



## Week 10 - May 23

1 Mile Time Trial

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