

Track Workout

Group Track Workouts Fleet Feet offers 8 and 12-week sessions of a Track Workout Group several times a year. Please contact Jeanne at 886-7800 or Jeanne@FleetFeetTucson.com for information about the next session. Whether you are training for a specific race or just want to improve your overall running fitness, workouts on the track can make you a stronger, faster and more efficient runner. Experienced distance runner Antonio Robles will lead a weekly group track workout that is designed to complement your current training program. The Track Workout Program is designed as a 8 or 12-week session that will help you hone your pace, increase your speed, build strength and endurance and have fun. The group will only meet once a week and is not designed as a comprehensive training program but as a complement to your current running schedule. This program is right for you if you: Currently run 4-5 miles, a few times a week Want to get faster, stronger and/or more efficient Need a group to help motivate you to do track work Have or don't have experience running track workouts Want to meet people and have fun