



# Appendix A

## Track Anatomy

### Track Dimensions

Almost any track with marked measurements will work for the workouts described in this book. However, the basic anatomical features that we frequently reference are shown below. The standard 400m track is an elliptical shape. There can be anywhere from four to ten lanes, where one lap in the innermost lane 1 is 400m. By convention, users of the track follow the lanes in a counter clockwise direction, although there are some workouts where clockwise running is involved. The next section will discuss details about clockwise running.

For most tracks, each curve or straight portion is approximately, if not exactly, 100m. The start/finish is at the start of a curve, and the first straight portion, which is on the opposite side of the track is called the backstretch. The second straight portion, which ends at the start/finish is called the homestretch. Typically, in the middle of the track there is a grassy in-field, which can be a convenient location to do field type workouts.

