I don't keep my files in the workspace. They are all in a separate directory, called IDLPro.
Underneath this, I have many different Git repos:

IDLPro/
...repo1/
...repo2/

To add this Project Directory in the Workbench, go to File->Import->Projects From Git.

From there you should be able to add and import your repos.

I'll note the first time I used Git, I had to first switch to the "Git Perspective" to get it to work.
Window->Source Control Tools->Git

Also, be careful. The version of EGit shipped with the Workbench is several versions behind.

This link gives the basic gist, which I'm happy to provide with the following caveats:
1) This is a _very_ rough site - basically threw it together for someone. It's in the game plan to
update/prettify/etc.
2) Reading this again, it's actually a little more involved than it needs to be. You can Import and
Add at the same time. I have those separated.

OK, agreed? Here you go:
 https://sites.google.com/a/uah.edu/uah_lightning_idl/importi ng-a-git-repo-into-idl