**Wintervals Workouts – March 2018**

**How Wintervals work:**

* **Warm up before noon:** We only have an hour of track time, so be ready to warm up by noon, when the track becomes available. This will maximize warm-up time and help prevent injury.
* **The ETHS Fieldhouse track is 160 meters per lap in lane 1.** That’s 10 laps per metric mile, 5 laps=800m. The distance in lane 3 is about 173 meters. This adds 3-5 seconds per lap to your time, depending on your pace.
* **When Running Hard:** Run in lanes 3 and 4. Use lanes 1 and 2 to pass slower runners. Run at your target pace for fast running (e.g., 5K pace, 10K pace, 20% faster than your normal runs).
* **Recovery Periods:** Run easily or walk in lanes 3 and 4 except when passing slower runners. If you feel sore or very tired, stop running/walking - take a break.
* **Water:** Bring water to drink during the mid-workout break and at the end of the workout.
* **Warm-down**: Be sure to jog after the workout and take some time to stretch when you’re done, to promote recovery.
* **Beginning Interval Runners:** Consider running every other interval, stopping short of the full workout, and/or walking as a recovery until you get used to running intervals on an indoor track. **Remember that you’re here to maintain/improve your fitness, not to get injured!**

**March 11: Timed ladder**

Everyone will run these intervals together, and will run slowly together during the recovery periods. Interval periods will be 1:30, 2, 2:30, 3, 2:30, 2:30, 2, 1:30. Recovery periods will be 1 to 2 minutes. You will have a 3 minute water/rest break after the 3 minute run and we will switch directions for the rest of the workout.

**March 18: 1 Mile Time Trial**

This is your chance to seehow your speed has improved during the Wintervals season, and a great tune-up for the Shamrock Shuffle and spring 5K races. Each pace group will run their mile separately, starting with group 4. We will start the workout with a 2 lap warm-up and a 2 lap run at your goal pace for the time trial.