

Wintervals Workouts – February, 2019

How Wintervals work:

- **Warm up before noon:** We only have an hour of track time, noon to 1pm, so start your warm-up before noon to maximize your 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 track has 4 lanes and the distance in lane 3 is about 173 meters. Running in lane 3 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:** To help your body recover from the workout, be sure to jog after completing your intervals and take some time to stretch when you're done running.
- **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!**

February 3: Easy-Medium-Hard Running (22-23 minutes total)

This is a continuous running workout with four cycles of easy-medium-hard effort. For each cycle, you will run 1-2 minutes at an easy pace, then 2-4 minutes at a medium pace (faster than a brisk distance run but slower than normal track speed), then 30-60 seconds at a hard pace. You will have a 3-4 minute water/rest break midway through the workout and you will switch directions for the rest of the workout. If you feel tired during the workout, walk or take an extra break.

February 10: 3-minute intervals plus one (19 minutes hard)

You will run five 3-minute intervals and one 4-minute interval. Everyone will run these intervals together and will jog/walk together during the recovery periods. Run at your 5K or 10K pace (75-85% effort). Recovery periods will be 2 minutes. You will have a 3-4 minute water/rest break after the 4-minute interval, and we will switch directions for the rest of the workout.

February 17: Timed ladder (20 minutes hard)

Everyone will run these intervals together and will jog/walk together during the recovery periods. Interval periods will be 1, 2, 3, 3:30, 3:30, 3, 2, 2 minutes. Recovery periods will be 1, 1:30, 2, 3:30, 2:30, 1:30 and 1:30. You will have a 3-4 minute water/rest break midway after the first 3:30 run and we will switch directions afterward.

February 24: 3 & 4 minute intervals (21 minutes hard)

You will run three 3-minute intervals and three 4-minute intervals. Everyone will run these intervals together and will jog/walk together during the recovery periods. Run at your 5K or 10K pace (75-85% effort). Recovery periods will be 2 minutes after each 3-minute interval and 3 minutes after each 4-minute interval. We will switch directions midway through the workout.