

Wintervals Workouts – January, 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!

January 13: 8 2-minute repeats (16 minutes hard)

Use this week to get your body used to the interval training and the track. Everyone will run together, at a faster pace during the interval periods and slowly during the recovery periods. Run at or slightly faster than your 5K pace (80% effort) for 2 minutes, with a 60-90 second recovery run. Keep your pace steady, don't start out too fast. You will have a 3-minute water/rest break after the 4th repeat and will switch directions for the rest of the workout.

January 20: Timed Ladder (17 minutes hard)

Everyone will run together, at a faster pace during the interval periods and slowly during the recovery periods. Interval periods will be 1, 2, 2, 3, 3, 2, 2, 2 minutes. Recovery periods will be 1, 1, 2, 3, 2, 1 and 1 minute. You will have a 3-minute water/rest break midway after the first 3 minute run and will switch directions for the rest of the workout.

January 27: 2-3 minute intervals (18 minutes hard)

Everyone will run these intervals together and will run slowly together during the recovery periods. Run at your 5K or 10K pace (75-85% effort). Interval periods will be 2, 3, 2, 3, 3, 3, 2 minutes. Recovery periods will be 90 seconds, 2 minutes, 90 seconds, 3-4 minutes, 2 minutes and 2 minutes. You will have a 3-4 minute water/rest break after the second 3 minute interval, and will switch directions for the rest of the workout.