

## Wintervals Workouts – February, 2020

### 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 2: 3-minute intervals (18 minutes hard)

You will run six 3-minute intervals. Everyone will run these intervals together and jog/walk/rest 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 halfway through and you will switch your running direction on the track after the break.

### February 9: Easy-Medium-Hard Running (22 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 your running direction after the break. If you feel tired during the workout, walk or take an extra break.

### February 16: Timed ladder (20 minutes hard)

Everyone will run these intervals together and jog/walk/rest together during the recovery periods. Interval periods will be 1:30, 2, 3, 3:30, 3:30, 3, 2, 1:30 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 you will switch your running direction after the break.

### February 23: 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 jog/walk/rest 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. You will switch your running direction midway through the workout.