

Wintervals Workouts – March 2022

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.
 - **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!**

March 13: 1600 Meter Time Trial (10 laps)

This is a great tune-up for Shamrock Shuffle and spring 5K races. You should try to run the 1600 meters at a faster pace than your goal pace for a 5K or longer race. Runners will be divided into 2 or 3 different pace groups that will run in separate heats, starting with the slowest group. Lane usage for the time trial differs from the usual Wintervals routine; you will run mostly in lane 1, using lanes 2 & 3 for passing. The workout will start with a 2-lap warm-up and a 2-lap run at your goal pace for the time trial.

March 20: 3-to-4-Minute Intervals (20 minutes hard)

This is a good prep workout for spring racing. Everyone will start these intervals together and will have the same recovery periods. Interval periods will be 3, 3, 4, 4, 3, 3 minutes. Try to run these at or close to your goal pace for a 5K to 10K race. Recovery periods in between intervals will be 1-2 minutes. You will have a 3½ minute water/rest break after the first 4-minute interval and will switch your running direction after the break.