

### **A few reminders about track etiquette:**

- 1) Avoid gathering on the track as a group except when preparing to begin an interval.
- 2) Upon entering the track for an interval, check the lanes are clear, enter as a group, and be ready to begin the interval without delay.
- 3) While finishing an interval, avoid stopping suddenly or exiting the track abruptly. Your options include: inside lane go in, outside lane go out, middle somewhere gradually slow down or look over your shoulder and angle out.
- 4) Every group should run in as thin a line as tightly as possible and stay to the inside except to pass - either someone else in your group or another group you are gaining on or passing. A single group should avoid occupying two lanes continuously during an interval.

Run on the inside lane.

Pass on the outside lane.

Inside lane has the right of way.

Please look before crossing.

5) Stretching and other warm-up drills other than jogging should not be performed on the track. Limit warm-ups and cool-downs to the far outside lane or beyond on the blacktop.

6) There is absolutely NO SPITTING on the track at any time.

### **Snow days:**

If we have any adverse weather (snow days) then we will push out the program so that we still have a total of 10 weeks. We will notify you by email you + update our web-site prior to the workout of any snow days.