



March 2025



LAKWOOD CLUB ICE SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2 CLUB PRACTICE 7:00-8:30PM Winterhurst Ice Rink	3	4	5 CLUB PRACTICE 7:00-8:00PM Winterhurst Ice Rink	6	7	8
9 CLUB PRACTICE 7:00-8:30PM Winterhurst Ice Rink 	10	11	12 CLUB PRACTICE 7:00-8:00PM Winterhurst Ice Rink	13	14	15
16 CLUB PRACTICE 7:00-8:30PM Winterhurst Ice Rink	17 	18	19 CLUB PRACTICE 7:00-8:00PM Winterhurst Ice Rink	20 <i>First Day Of Spring</i>	21	22
23 NO SKATING PRACTICE	24	25	26 CLUB PRACTICE 7:00-8:00PM Winterhurst Rink <i>LAST PRACTICE</i>	27	28 ST NATL CHAMPS MANMOUTH JUNCTION, NJ	29 ST NATL CHAMPS MANMOUTH JUNCTION, NJ
30 ST NATL CHAMPS MANMOUTH JUNCTION, NJ						

MARCH 2025 CALENDAR NOTES

“We are what we repeatedly do. Excellence, therefore, is not an act, but a habit.”

Aristotle, Greek philosopher



Goal: I will make a habit of practicing hard and to the best of my ability so that when I race, it will be a habit to do the same.

Striving for excellence is a daily pursuit & is a result of a culmination of consistent & intentional behaviors, which also requires a high level of discipline.



*****ATTENTION*** FINAL PRACTICES OF THE SEASON**

LAST PRACTICE OF THE SEASON ON WEDNESDAY, MARCH 26th

MARCH LAKEWOOD CLUB PRACTICE TIMES

- Sundays, March 2, 9, 16 – 7:00-8:30PM
- Wednesdays, March 5, 12, 19, 26- 7:00-8:00PM
- NO PRACTICE Sunday, March 23





LAKEWOOD CLUB TRAINING PROGRAM

MARCH 2025



Sunday March 2	ICE Short Tempos: 15 laps warm up, 2 x 2 laps BU, 2 x 50m CS, 2 x 50m SS, 2 x 1 lap SS, 6-5-4-5-6 laps tempos, starts time permitting, warm down
Monday March 3	
Tuesday March 4	
Wednesday March 5	ICE Short Intervals: 10 laps warm up, 2x2 laps BU, 2x50m CS, 2x50m SS, 1x1 lap SS, 1 set of 4x4 laps (10.5-11.5" {12.5-13.5"}), R5' between sets, 15 laps warm down.
Thursday March 6	
Friday March 7	
Saturday March 8	
Sunday March 9	ICE Fartlek: 10 laps warm up, 2x2 laps BU, 2x50m CS, 1 lap timed, 2x50m SS, 2x1 lap SS, 2x7 {5} laps, 10 laps (2 moderate, 2 fast, 2 easy, 2 moderate, 2 fast), 15 laps warm down.






LAKEWOOD CLUB TRAINING PROGRAM

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Monday March 10	
Tuesday March 11	
Wednesday March 12	ICE Sprints: 15 laps warm up, 2 x 2 laps BU, 2 x 50m CS, 2 x 50m SS, 2 x 1 lap SS, 4-5-5-4 laps tempos, warm down.
Thursday March 13	
Friday March 14	
Saturday March 15	
Sunday March 16	ICE Short Intervals: 15 laps warm up, 2x2 laps BU, 2x50m CS, 2x50m SS, 2x1 lap SS, 2 sets of 3 x 6 {4} laps, 15 laps warm down.
Monday March 17	



LAKEWOOD CLUB TRAINING PROGRAM

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Tuesday March 18	
Wednesday March 19	ICE Short Intervals: 15 laps warm up, 2x2 laps BU, 2x50m CS, 4x5 laps (10.5-11.5" {12.5-13.5"}), R5' between sets, relay warm down.
Thursday March 20	<i>FIRST DAY OF SPRING</i> 
Friday March 21	
Saturday March 22	
Sunday March 23	<i>NO SKATING PRACTICE</i>
Monday March 24	
Tuesday March 25	



LAKEWOOD CLUB TRAINING PROGRAM **MARCH 2025**



Wednesday March 26	<u>Last practice of the season</u> Sprints: 10 laps warm up, 2 x 2 laps BU, 2 x 50m CS, 1 lap timed – last chance to set a PR for one lap time, starts. MAT TUNNELS, FUN!!
Thursday March 27	
Friday March 28	NATIONAL SHORT TRACK CHAMPIONSHIPS Manmoth Juntion, NJ
Saturday March 29	NATIONAL SHORT TRACK CHAMPIONSHIPS Manmoth Juntion, NJ
Sunday March 30	NATIONAL SHORT TRACK CHAMPIONSHIPS Manmoth Juntion, NJ