

XSNRG Workout Calendar 2017

DATE	LOCATION	WORKOUT	DISTANCE
Jan 3 2017	Figure 8's @ Hanna	4 x 1.5 loops (2'RI)	1.04km per loop
Jan 10 2017	Rykert Cres	7 x 3' (1.5' RI, jog back to start)	535m per loop
Jan 17 2017	Sunnydene Cres	6 x 2 loops (1.5' RI)	420m per loop
Jan 31 2017	Sunnybrook Lower Flats	5 x 4' (2'RI) easy jog for recovery	
Feb 7 2017	Vaughan Estates	5 x 2 loops (1.5' RI)	
Feb 14 2017	Rykert Cres.	4 x 5' (2'RI) easy jog for recovery	535m per loop
Feb 21 2017	Blyth Hill Loop	5 x 2 loops (1.5' RI)	
Feb 28 2017	Mallory Cres	1 x 5' (2RI) 5 x 2' (1'RI) 1 x 5', easy jog for recovery	520 m per loop
Mar 7 2017	Sunnydene Cres.	Ladders (1,2,3,3,2,1) 2'RI	420m per loop
Mar 14 2017	Rykert Cres	2 x (1 loop, 2 loops, 1 loop) 2'RI	535m per loop
Mar 21 2017	P's @ Hanna	8 x letter p (1.5' RI)	
Mar 28 2017	Mallory Cres	5 x 2 loops (2'RI)	520m per loop
Apr 4 2017	Vaughan Estates	7 x 3' (1.5' RI) easy jog for recovery	
Apr 11 2017	Rykert Cres.	4 x 5' (2'RI) easy jog for recovery	535m per loop
Apr 18 2017	Stratheden	8 x 3/4 loop (1/4 loop for active recovery)	710 m per loop
Apr 25 2017	Sunnybrook Lower Flats	2 x 5' (2' RI) 5 x 2' (1RI) 6 x Hard down, hard up (2'RI).	
May 2 2017	Hospital Hill	Starting at top of hill	
May 9 2017	Rykert Cres	5 x 2 loops (2'RI)	535m per loop
May 16 2017	Suncrest Hill	6 x over and back: work phase on up slope and active recovery on the down slope	
May 23 2017	Cricket Pitch	1 x 5' (2'RI), 5 x 2' (1'RI), 1 x 5'	
May 30 2017	Glenorchy long course	4 x full loop (2'RI) Ladders 1',2',3',4',4',3',2',1' (RI is half the run interval)	1.85 km
Jun 6 2017	Cricket pitch	7 x , hard up, easy down	660m each way
Jun 13 2017	Hospital Hill	20 x 1' (30" RI)	
Jun 20 2017	Wanless Park	7 x 1 loop (Hard up, easy down. Start at bottom of hill)	
Jun 27 2017	Surena Gundy Hill	10 x 2' (1 RI)	
Jul 4 2017	Soccer fields	6 loops (2' RI)	1.045 km
Jul 11 2017	Glenorchy short course	6 x hill plus upper parking lot until stop sign. Recovery, back on lot and down hill	800m to the stop sign
Jul 18 2017	Hospital Hill	5 x 2' (1' RI), 2 x 5' (2' RI)	
Jul 25 2017	Cricket pitch	6 x over and back. Hard on the up slope. Active recovery on the down slope	
Aug 1 2017	Suncrest Hill	20 x 1' (30" RI)	
Aug 8 2017	Sunnybrook Upper Flats	3 x Hospital and Lynhurst Hill Recovery on the flat between hills	
Aug 15 2017	Double trouble	1 x 5' (2'RI), 5 x 2' (1RI), 1 x 5'	
Aug 22 2017	Cricket Pitch	6 x 1 loop (2' RI)	1.045 km
Aug 29 2017	Glenorchy short course	4 x [1 loop(1'RI), 2 loops (1.5' RI)]	535m per loop
Sep 5 2017	Rykert Cres	7 x Hard up, easy down	660m each way
Sep 12 2017	Hospital Hill	10 x 2' (1' RI)	
Sep 19 2017	Cricket pitch	6 x each way,work hard up and down. 1.5' rest at each end (stop sign)	700m one way
Sep 26 2017	Suncrest Hill	10 x 1 loop (1RI)	520m per loop
Oct 3 2017	Mallory Cres	6 x continous: hard up, easy down. Flat option, 10 x 2' (1RI)	
Oct 10 2017	Loblaw's Hill	1 x 5'(2RI), 5 x 2' (1' RI), 1 x 5'	
Oct 17 2017	Sunnybrook Lower Flats	Easy jog for recovery	
Oct 24 2017	Stratheden	8 x 1 loop (1.5' RI)	710m per loop
Oct 31 2017	Rykert Cres	6 x 2 loops (1.5' RI)	535m per loop
Nov 7 2017	Hanna Loops	2 x (1, 1.5, 1 loops (2'RI)	1.04km per loop
Nov 14 2017	Belsize Loop	7 x 3' (1.5' RI) easy jog for recovery	
Nov 21 2017	Mallory Cres	5 x 2 loops (2RI)	520m per loop
Dec 5 2017	Sunnydene Cres	Ladders (1,2,3,3,2,1) 2'RI	420m per loop
Dec 12 2017	Rykert Cres	7 x 3' (1.5' RI) jog back to start	535m per loop
Dec 19 2017	Wondering workout Bring your bells and finest Christmas wear	Easy workout. We will travel to 3 different locations	
Dec 26 2017	Vaughan Estates	10 x 2' (1'RI)	