

XSNRG Workouts 2018

Date	Location	Workout	Distance
January 2, 2018	Figure 8's@ Hanna	4x1.5 loops (2'RI)	1.04km per loop
January 9, 2018	Rykert Cres	7x3'(1.5'RI) jog back to start	535m per loop
January 16, 2018	Sunnydene Cres	6x2 loops (1.5'RI)	420m per loop
January 23, 2018	Sunnybrook Lower Flats	5x4' (2'RI) easy jog for recovery	
January 30, 2018	Vaughan Estates	5x2 loops (1.5'RI)	
February 6, 2018	Rykert Cres.	4x5' (2'RI) easy jog for recovery	535m per loop
February 13, 2018	Blyth Hill Loop	5x2 loops (1.5'RI)	
February 20, 2018	Mallory Cres	1x5'(2'RI), 5x2'(1'RI), 1x5' easy jog for recovery	520m per loop
February 27, 2018	Sunnydene Cres	Ladder (1,2,3,3,2,1 (2'RI)	420m per loop
March 6, 2018	Rykert Cres	2x (1 loop, 2 loops, 1 loop(2'RI)	535m per loop
March 13, 2018	P's Hanna	8 x letter p (1.5'RI)	
March 20, 2018	Mallory Cres.	5x2 loops (2'RI)	520m per loop
March 27, 2018	Vaughan Estates	7x3' (1.5' RI) easy jog for recovery	
April 3, 2018	Rykert Cres.	4x5' (2'RI) easy jog for recovery	535m per loop
April 10, 2018	Stratheden	8x3/4 loop (1/4 loop recovery)	710m per loop
April 17, 2018	Sunnybrook Lower Flats	2x5'(2'RI), 5x2'(1'RI)	
April 24, 2018	Hospital Hill NOTE: move back to Sunnybrook Park this week	6x (hard down, hard up)2'RI Starting at the top	
May 1, 2018	Rykert Cres	5x2 loops (2'RI)	535m per loop
May 8, 2018	Suncrest Hill	6x (over and back) hard up, easy down	
May 15, 2018	Cricket Pitch	1x5'(2'RI), 5x2'(1'RI), 1x5'	
May 22, 2018	Glenorchy Long Course	4 x full loop (2'RI)	1.85 km per loop
May 29, 2018	Cricket Pitch	Ladder; 1,2,3,3,2,1 rest is half the run interval	
June 5, 2018	Hospital Hill	7 x Hard up, easy down	660m each way
June 12, 2018	Wanless Park	20 x 1' (30" RI)	
June 19, 2018	Serena Gundy Hill	7x1 loop(hard up, easy down)	
June 26, 2018	Soccer Fields	10x2' (1'RI)	
July 3, 2018	Glenorchy Short Loop	6 loops (2'RI)	1.045 km per loop
July 10, 2018	Rykert Cres	10x 1 loop (1'RI)	
July 17, 2018	Hospital Hill	6x hill plus upper parking lot until stop sign. Recovery on down slope	
July 24, 2018	Cricket Pitch	5x2'(1'RI), 2x5'(2'RI)	
July 31, 2018	Suncrest Hill	6x over and back. Hard up, easy on the down slope.	
August 7, 2018	Sunnybrook Upper Flats	20x1' (30"RI)	
August 14, 2018	Double Trouble	3x Hospital Hill and Lyndhurst Hill Recovery on the flat, between hills	
August 21, 2018	Cricket Pitch	1x5' (2'RI), 5x2'(1'RI), 1x5'	
August 28, 2018	Glenorchy Short Course	6x1 loop (2'RI)	1.045km per loop
September 4, 2018	Rykert Cres	4x [1 loop(1'RI), 2 loops(1.5'RI)]	535m per loop
September 11, 2018	Hospital Hill	7 x hard up, easy down	660m each way
September 18, 2018	Cricket Pitch	10x 2'(1'RI)	
September 25, 2018	Suncrest Hill NOTE: Move back to School this week	7x each way, hard up and down 1.5' rest at each end	700m each way
October 2, 2018	Mallory Cres	10x 1 loop (1'RI)	520m per loop
October 9, 2018	Loblaw's Hill	6x continuous, hard up, easy down Flat option 10x2(1'RI)	
October 16, 2018	Sunnybrook Lower Flats	1x5'(2'RI), 5x2'(1'RI), 1x5'	

Date	Location	Workout	Distance
October 23, 2018	Stratheden	8x1 loop(1.5'RI)	710m per loop
October 30, 2018	Rykert Cres	6x2 loops (1.5'RI)	535m per loop
November 6, 2018	Hanna Loops	2x (1,1.5,1 loop (2'RI)	1.04km per loop
November 13, 2018	Belsize loop	7x3'(1.5'RI) easy jog for recovery	
November 20, 2018	Mallory Cres	5x2 loops (2'RI)	520m per loop
November 27, 2018	Sunnydene Cres	Ladder; 1,2,3,3,2,1 (2'RI)	420m per loop
December 4, 2018	Rykert Cres	7x3' (1.5'RI) jog back to start	535m per loop
December 11, 2018	P's Hanna	8x letter P(1.5'RI)	
December 18, 2018	Wondering workout Bring your bells and Santa wear	Easy workout at 3 different locations	
December 25, 2018	Santa says you can have the day off for being so good this Year		