

DATE	WORKOUT	DESCRIPTION	DISTANCE
January 6, 2015	Figure 8's @ Hanna	4 x 1.5 loops ( 2'RI)	1.04km per loop
January 13, 2015	Rykert Cres	7 x 3' (1.5' RI, jog back to start)	535m per loop
January 20, 2015	Sunnydene Cres	6 x 2 loops ( 1.5' RI)	420m per loop
January 27, 2015	Sunnybrook Lower	5 x 4' ( 2'RI) easy jog for recovery	
February 3, 2015	Vaughan Estates	5 x 2 loops ( 1.5' RI)	
February 10, 2015	Rykert Cres.	4 x 5' ( 2'RI) easy jog for recovery	535m per loop
February 17, 2015	Blyth Hill Loop	5 x 2 loops (1.5' RI)	
February 24, 2015	Mallory Cres	1 x 5' (2RI) 5 x 2' (1'RI) 1 x 5', easy jog for recovery	520 m per loop
March 3, 2015	Sunnydene Cres.	Ladders (1,2,3,3,2,1) 2'RI	420m per loop
March 10, 2015	Rykert Cres	2 x ( 1 loop, 2 loops, 1 loop) 2'RI	535m per loop
March 17, 2015	P's @ Hanna	8 x letter p (1.5' RI)	
March 24, 2015	Mallory Cres	5 x 2 loops (2'RI)	520m per loop
March 31, 2015	Vaughan Estates	7 x 3' (1.5' RI) easy jog for recovery	
April 7, 2015	Rykert Cres.	4 x 5' (2'RI) easy jog for recovery	535m per loop
April 14, 2015	Stratheden	8 x 3/4 loop ( 1/4 loop for active recovery	710 m per loop
April 21, 2015	Sunnybrook Lower Flats	2 x 5' (2' RI) 5 x 2' (1RI)	
April 28, 2015	Hospital Hill	6 x Hard down, hard up (2'RI) Starting at top of hill	
May 5, 2015	Rykert Cres	5 x 2 loops (2'RI) <b>NOTE: Move back to Sunnybrook Park this week</b>	535m per loop
May 12, 2015	Suncrest Hill	6 x over and back: work phase on up slope and active recovery on the down slope	
May 19, 2015	Cricket Pitch	1 x 5' (2'RI), 5 x 2' (1'RI), 1 x 5'	
May 26, 2015	Glenorchy short course	6 loops (2'RI)	1.045km per loop
June 2, 2015	Cricket pitch	Ladders 1',2',3',4',4',3',2',1' (RI is half the run interval)	
June 9, 2015	Hospital Hill	7 x , hard up, easy down	660m each way
June 16, 2015	Wanless Park	20 x 1' (30" RI)	
June 23, 2015	Serena Gundy Hill	7 x 1 loop (hard up, easy down. Start at bottom of hill)	
June 30, 2015	Soccer fields	10 x 2' (1 RI)	
July 7, 2015	Glenorchy long course	4 x full loop (2' RI)	1.85 km
July 14, 2015	Rykert Cres	10 x 1 loop (1'RI)	535m per loop
July 21, 2015	Hospital Hill	6 x hill plus upper parking lot until stop sign. Recovery, back on lot and down hill	800m to the stop sign
July 28, 2015	Cricket pitch	5 x 2' (1' RI), 2 x 5' (2' RI)	
August 4, 2015	Suncrest Hill	6 x over and back. Hard on the up slope. Active recovery on the down slope	
August 11, 2015	Sunnybrook Upper Flats	20 x 1' ( 30" RI)	
August 18, 2015	Double trouble	3 x Hospital and Lynhurst Hill. Recovery on the flat between hills	
August 25, 2015	Cricket Pitch	1 x 5' (2'RI), 5 x 2' (1RI), 1 x 5'	
September 1, 2015	Glenorchy short course	6 x 1 loop (2' RI)	1.045 km
September 8, 2015	Rykert Cres	4 x [ 1 loop(1'RI), 2 loops (1.5' RI)]	535m per loop
September 15, 2015	Hospital Hill	7 x Hard up, easy down	660m each way
September 22, 2015	Cricket pitch	10 x 2' (1' RI)	
September 29, 2015	Suncrest Hill	7 x each way,work hard up and down. 1.5' rest at each end ( stop sign)	700m one way
October 6, 2015	Mallory Cres	10 x 1 loop (1RI) <b>NOTE: Move back to School this week</b>	520m per loop
October 13, 2015	Loblaw's Hill	6 x continous: hard up, easy down. Flat option, 10 x 2' (1RI)	
October 20, 2015	Sunnybrook Lower Flats	1 x 5'(2RI), 5 x 2' (1' RI), 1 x 5' Easy jog for recovery	
October 27, 2015	Stratheden	8 x 1 loop (1.5' RI)	710m per loop
November 3, 2015	Rykert Cres	6 x 2 loops (1.5' RI)	535m per loop
November 10, 2015	Hanna Loops	2 x (1, 1.5, 1 loops (2'RI)	1.04km per loop
November 17, 2015	Belsize Loop	7 x 3' (1.5' RI) easy jog for recovery	
November 24, 2015	Mallory Cres	5 x 2 loops (2RI)	520m per loop
December 1, 2015	Sunnydene Cres	Ladders (1,2,3,4,4,3,2,1) 2'RI	420m per loop
December 8, 2015	Rykert Cres	7 x 3' (1.5' RI) jog back to start	535m per loop
December 15, 2015	P's @ Hanna	8 x letter P (1.5' RI)	
December 22, 2015	Wondering workout - Bring your bells and finest Christmas wear	Easy workout. We will travel to 3 different locations	
December 29, 2015	Vaughan Estates	10 x 2' ( 2RI)	