

Distances of XSNRG Workouts

(nice to know, not need to know)

#	Season	Meet-up Location	Km to	Workout Location	Km back	loop (m)	Approx. Workout km	Total KM
1	Winter	Leaside HS pkg lot	2.1	Mallory	2.1	550m	4.4	8.6
2	Winter	Leaside HS pkg lot	2.3	Belsize	2.3	630m	4.4	9
3	Winter	Leaside HS pkg lot	1.6	Rykert	1.6	535m	4.5	7.7
4	Winter	Leaside HS pkg lot	2	Sunnybrook flats	2	1.7k	5.1	9.1
5	Winter	Leaside HS pkg lot	1.2	Hanna Ave.	1.2	1k	5	7.4
6	Winter	Leaside HS pkg lot	1.4	Sunnydene	1.4	440m	5.3	8.1
7	Winter	Leaside HS pkg lot	2	Vaughn Estate	2	730m	5.1	9.1
8	Winter	Leaside HS pkg lot	2.4	Stratheden	2.4	700m	4.9	9.7
9	Winter	Leaside HS pkg lot	2.2	Blyth Hill	2.2	590m	4.7	9.1
10	Winter	Leaside HS pkg lot	3.1	Wanless	3.1	800m	3.2	9.4
1	Summer	Sunnybrook parking lot 7	1.5	Sunnybrook Hill	1.5	1480m	5.9	8.9
2	Summer	Sunnybrook parking lot 7	1.5	Double Trouble	1.5	1480m	5.9	8.9
3	Summer	Sunnybrook parking lot 7	1.4	Serena Gundy Hill	1.4	1.4k	5.6	8.4
4	Summer	Sunnybrook parking lot 7	1.4	Soccer Fields	1.4	880m	4.4	7.2
5	Summer	Sunnybrook parking lot 7	1.6	Cricket Pitch	1.6	440m	4.4	7.6
6	Summer	Sunnybrook parking lot 7	1.4	Glenorchy loop	1.4	1k	5	7.8
7	Summer	Sunnybrook parking lot 7	1.4	Glenorchy loop long	1.4	1.9k	5.7	8.5
8	Summer	Sunnybrook parking lot 7	1.4	Suncrest hill	1.4	1.4k	5.6	8.4
9	Summer	Sunnybrook parking lot 7	3.4	Wanless	3.4	800m	3.2	10