

XSNRG Workouts 2025

Date	Location	Workout	Distance
January 7, 2025	Vaughan Estates	4 x 2 loops (1.5' RI)	710 m per loop
January 14, 2025	Rykert Cres	4 x 5' (2'RI) easy jog for recovery	535m per loop
January 21, 2025	Sunnydene Cres.	6 x 2 loops (1.5'RI)	420m per loop
January 28, 2025	Sunnybrook Lower Flats	5 x 4' (2'RI) easy jog for recovery	
February 4, 2025	Rykert Cres	4 x (1 loop, 2 loops) (2'RI)	535m per loop
February 11, 2025	Blyth Hill Loop	5 x 2 loops (2'RI)	590m per loop
February 18, 2025	Mallory Cres	1 x 5' (2'RI), 5 x 2' (1'RI), 1 x 5' easy jog for recovery	520m per loop
February 25, 2025	Sunnydene Cres	Ladder, 1,2,3,3,2,1 loops (2'RI)	420m per loop
March 4, 2025	Rykert Cres	4 x 5' (2'RI)	435m per loop
March 11, 2025	P's Hanna	8 x letter P (1.5'RI)	790m per loop
March 18, 2025	Mallory Cres	5 x 2 loops (2'RI)	520m per loop
March 25, 2025	Vaughan Estates	8 x 1 loop (1.5RI)	710m per loop
April 1, 2025	Rykert Cres	7 x 3' (1.5'RI) jog back to start	420m per loop
April 8, 2025	Stratheden	8 x 3/4 loop (1/4 loop for recovery)	710m per loop
April 15, 2025	Sunnybrook Lower Flats	1 x 5' (2'RI), 5 x 2' (1'RI), 1 x 5' Optional 5km timed	
April 22, 2025	Vaughan Estates	7 x 3' (1.5' RI)	710 m per loop
April 29, 2025	Rykert Cres	5 x 2 loops (2'RI)	435m per loop
May 6, 2025	Cricket Pitch NOTE: Move back to Sunnybrook Park this week	1 x 5' (2'RI), 5 x 2' (1'RI), 1 x 5'	
May 13, 2025	Glenorchy Long Course	4 x full loop (2'RI)	1.85km per loop
May 20, 2025	Rykert Cres	Ladder; 1,2,3,4,4,3,2,1min Rest is half the run interval	
May 27, 2025	Hospital Hill	7 x (Hard up, easy down)	660m each way
June 3, 2025	Wanless Park	20 x 1' (30"RI)	
June 10, 2025	Serena Gundy Hill	7 x 1 loop (hard up, easy down)	
June 17, 2025	Cricket Pitch	10 x 2' (1'RI)	
June 24, 2025	Glenorchy Short Loop	6 loops (2'RI)	1.04km per loop
July 1, 2025	Rykert Cres	10 x 1 loop	420m per loop
July 8, 2025	Hospital Hill	6 x hill, plus parking lot until stop sign, easy down	
July 15, 2025	Cricket Pitch	10 x 2' (1'RI)	
July 22, 2025	Suncrest Hill	6 x (Hard up, easy down)	720m one way
July 29, 2025	Sunnbrook Upper Flats	20 x 1' (30"RI)	
August 5, 2025	Double Trouble	3 x Hospital Hill, 3 x Lyndhurst Recovery on flat between hills	
August 12, 2025	Cricket Pitch	1 x 5' (2'RI), 5 x 2'(1'RI),1 x 5'	
August 19, 2025	Glenorchy Short Loop	6 x 1 loop (2'RI)	1.04km per loop
August 26, 2025	Rykert Cres	4 x (1 loop, 2 loops (2'RI)	535m per loop

Date	Location	Workout	Distance
September 2, 2025	Hospital Hill	7 x (Hard up, easy down)	660m each way
September 9, 2025	Cricket Pitch	10 x 2' (1'RI)	
September 16, 2025	Suncrest Hill	6 x (Hard up and down) 1.5' RI each way	700m each way
September 23, 2025	Sunnybrook Lower Flats	1 x 5' (2'RI), 5 x 2' (1'RI), 1 x 5'	
September 30, 2025	Hospital Hill	7 x (Hard up, easy down)	660m each way
October 7, 2025	Mallory Cres NOTE: Move back to School this week	10 x 1 loop (1'RI)	520m per loop
October 14, 2025	Blyth Hill	10 x 1 loop (1'RI)	590m per loop
October 21, 2025	Rykert Cres	6 x 2 loops (1.5'RI)	535m per loop
October 28, 2025	Stratheden	8 x 1 loop(1.5'RI)	710m per loop
November 4, 2025	Sunnybrook Lower Flats	5 x 4' (2'RI)	
November 11, 2025	Hanna Loops	Loops: 1, 1.5, 1, 1.5, 1 (2'RI)	1.04km per loop
November 18, 2025	Belsize Loop	7 x 3' (1.5' RI) easy jog for recovery	
November 25, 2025	Mallory Cres	5 x 2 loops (2'RI)	520m per loop
December 2, 2025	Sunnydene Cres	Ladder; 1,2,3,3,2,1 loop. (2'RI)	420m per loop
December 9, 2025	Rykert Cres	7 x 3' (1.5'RI) jog back to start	535m per loop
December 16, 2025	P's at Hanna	8 x letter P (1.5'RI)	790m per loop
December 23, 2025	Wondering workout Bring your bells and Santa wear	Easy workout at 3 different locations	
December 30, 2025	Rykert Cres	10 x 1 loop (1' RI)	535m per loop