

XSNRG Workouts 2019

Date	Location	Workout	Distance
January 1, 2019	Figure 8's Hanna	4x1.5 loops (2'RI)	1.04km per loop
January 8, 2019	Rykert Cres	4x5' (2'RI) easy jog for recovery	535m per loop
January 15, 2019	Sunnydene Cres	6x2 loops (1.5'RI)	420m per loop
January 22, 2019	Sunnybrook Lower Flats	5x4' (2'RI) easy jog for recovery	
January 29, 2019	Vaughan Estates	5x2 loops (1.5'RI)	
February 5, 2019	Rykert Cres.	2x(1 loop, 2 loops, 1 loop (2'RI)	535m per loop
February 12, 2019	Blyth Hill Loop	5x2 loops (1.5'RI)	
February 19, 2019	Mallory Cres	1x5'(2'RI), 5x2'(1'RI),1x5' easy jog for recovery	520m per loop
February 26, 2019	Sunnydene Cres	Ladder (1,2,3,3,2,1 (2'RI)	420m per loop
March 5, 2019	Rykert Cres	4x5' (2'RI)	535m per loop
March 12, 2019	P's Hanna	8 x letter p (1.5'RI)	
March 19, 2019	Mallory Cres.	5x2 loops (2'RI)	520m per loop
March 26, 2019	Vaughan Estates	7x3' (1.5'RI) easy jog for recovery	
April 2, 2019	Rykert Cres.	7x3' (1.5'RI) jog back to start	535m per loop
April 9, 2019	Stratheden	8x3/4 loop (1/4 loop recovery)	710m per loop
April 16, 2019	Sunnybrook Lower Flats	2x5'(2'RI), 5x2'(1'RI)	
April 23, 2019	Loblaws Hill	6x (hard up, easy down) flat option, 10x2' (1'RI)	
April 30, 2019	Rykert Cres NOTE: move back to Sunnybrook Park this week	5x2 loops (2'RI)	535m per loop
May 7, 2019	Suncrest Hill	6x (over and back) hard up, easy down	
May 14, 2019	Cricket Pitch	1x5'(2'RI), 5x2'(1'RI), 1x5'	
May 21, 2019	Glenorchy Long Course	4 x full loop (2'RI)	1.85 km per loop
May 28, 2019	Cricket Pitch	Ladder; 1,2,3,3,2,1 rest is half the run interval	
June 4, 2019	Hospital Hill	7 x Hard up, easy down	660m each way
June 11, 2019	Wanless Park	20 x 1' (30" RI)	
June 18, 2019	Serena Gundy Hill	7x1 loop(hard up, easy down)	
June 25, 2019	Soccer Fields	10x2' (1'RI)	
July 2, 2019	Glenorchy Short Loop	6 loops (2'RI)	1.045 km per loop
July 9, 2019	Rykert Cres	10x 1 loop (1'RI)	535m per loop
July 16, 2019	Hospital Hill	6x hill, plus parking lot until stop sign,easy down	
July 23, 2019	Cricket Pitch	10x2'(1'RI)	
July 30, 2019	Suncrest Hill	6x (Hard up, easy down)	
August 6, 2019	Sunnybrook Upper Flats	20x1' (30"RI)	
August 13, 2019	Double Trouble	3x Hospital Hill, 3x Lyndhurst Recovery on flat between hills	
August 20, 2019	Cricket Pitch	1x5' (2'RI), 5x2'(1'RI), 1x5'	
August 27, 2019	Glenorchy Short Course	6x1 loop (2'RI)	1.045km per loop
September 3, 2019	Rykert Cres	4x [1 loop(1'RI), 2 loops(1.5'RI)]	535m per loop
September 10, 2019	Hospital Hill	7 x hard up, easy down	660m each way
September 17, 2019	Cricket Pitch	10x 2'(1'RI)	
September 24, 2019	Suncrest Hill	6x (Hard up and down) 1.5'RI at each end	700m each way
October 1, 2019	Mallory Cres NOTE: Move back to School this week	10x 1 loop (1'RI)	520m per loop
October 8, 2019	Blyth Hill	10x 1 loop(1'RI)	
October 15, 2019	Sunnybrook Lower Flats	1x5'(2'RI), 5x2'(1'RI), 1x5'	
October 22, 2019	Stratheden	8x1 loop(1.5'RI)	710m per loop
October 29, 2019	Rykert Cres	6x2 loops (1.5'RI)	535m per loop
November 5, 2019	Hanna Loops	2x (1,1.5,1 loop (2'RI)	1.04km per loop
November 12, 2019	Belsize loop	7x3'(1.5'RI) easy jog for recovery	
November 19, 2019	Mallory Cres	5x2 loops (2'RI)	520m per loop

Date	Location	Workout	Distance
November 26, 2019	Sunnydene Cres	Ladder; 1,2,3,3,2,1 loop (2'RI)	420m per loop
December 3, 2019	Rykert Cres	7x3' (1.5'RI) jog back to start	535m per loop
December 10, 2019	P's Hanna	8x letter P(1.5'RI)	
December 17, 2019	Wondering workout Bring your bells and Santa wear	Easy workout at 3 different locations	
December 24, 2019	Loblaws Hill!!!!	100 x (hard up, eay down) or stay home:)	A long way
2019-12-31	Figure 8's Hanna	4x1.5 loops (2'RI)	1.05km per loop