

XSNRG Workouts 2021

Date	Location	Workout	Distance
January 5, 2021	Vaughan Estates	4 x 2 loops (1.5' RI)	710 m per loop
January 12, 2021	Rykert Cres	4x5' (2'RI) easy jog for recovery	535m per loop
January 19, 2021	Sunnydene Cres.	6 x 2loops (1.5'RI)	420m per loop
January 26, 2021	Sunnybrook Lower flats	5x4' (2'RI) easy jog for recovery	
February 2, 2021	Rykert Cres	4 x (1 loop, 2 loops) (2'RI)	535m per loop
February 9, 2021	Blyth Hill Loop	5 x 2 loops (2'RI)	590m per loop
February 16, 2021	Mallory Cres	1x5'(2'RI), 5x2'(1'RI), 1x5' easy jog for recovery	520m per loop
February 23, 2021	Sunnydene Cres	Ladder, 1,2,3,3,2,1 loops (2'RI)	420m per loop
March 2, 2021	Rykert Cres	4x5' (2'RI)	435m per loop
March 9, 2021	P's Hanna	8x letter P(1.5'RI)	790m per loop
March 16, 2021	Mallory Cres	5x2 loops (2'RI)	520m per loop
March 23, 2021	Vaughan Estates	8 x 1 loop (1.5RI)	710m per loop
March 30, 2021	Rykert Cres	7x3' (1.5'RI) jog back to start	420m per loop
April 6, 2021	Stratheden	8x3/4 loop (1/4 loop for recovery)	710m per loop
April 13, 2021	Sunnybrook Lower flats	1x5' (2'RI), 5x2'(1'RI), 1x5' Optional 5km timed	
April 20, 2021	Vaughan Estates	7x 3' (1.5' RI)	
April 27, 2021	Rykert Cres	5x2 loops(2'RI)	435m per loop
May 4, 2021	Suncrest Hill NOTE: move back to Sunnybrook Park this week	6x (over and back) hard up, easy down	720m one way
May 11, 2021	Cricket Pitch	1x5'(2'RI), 5x2' (1'RI), 1x5'	
May 18, 2021	Glenorchy Long Course	4x full loop (2'RI)	1.85km per loop
May 25, 2021	Rykert Cres	Ladder; 1,2,3,4,4,3,2,1min Rest is half the run interval	
June 1, 2021	Hospital Hill	7x (hard up, easy down)	660m each way
June 8, 2021	Wanless Park	20x1' (30"RI)	
June 15, 2021	Serena Gundy Hill	7x1loop (hard up, easy down)	
June 22, 2021	Cricket pitch	10x2" (1'RI)	
June 29, 2021	Glenorchy Short Loop	6 loops (2'RI)	1.04km per loop
July 6, 2021	Rykert Cres	10x 1 loop	420m per loop
July 13, 2021	Hospital Hill	6x hill, plus parking lot until stop sign,easy down	
July 20, 2021	Cricket Pitch	10x2'(1'RI)	
July 27, 2021	Suncrest Hill	6x (Hard up, easy down)	720m one way
August 3, 2021	Sunnbrook Upper Flats	20x1' (30"RI)	
August 10, 2021	Double Trouble	3x Hospital Hill, 3x Lyndhurst Recovery on flat between hills	
August 17, 2021	Cricket Pitch	1x5'(2'RI), 5x2'(1'RI), 1x5'	
August 24, 2021	Glenorchy Short Loop	6x1 loop (2'RI)	1.04km per loop
August 31, 2021	Rykert Cres	4x (1 loop, 2 loops) (2'RI)	535m per loop
September 7, 2021	Hospital Hill	7x (hard up, easy down)	660m each way
September 14, 2021	Cricket Pitch	10x2' (1'RI)	
September 21, 2021	Suncrest Hill	6x (Hard up and down) 1.5'RI each way	700m each way
September 28, 2021	Sunnybrook Lower flats	1x5' (2'RI), 5x2'(1'RI), 1x5' Optional 5km timed	
October 5, 2021	Mallory Cres. NOTE: Move back to School this week	10x1 loop (1'RI)	520m per loop
October 12, 2021	Blyth Hill	10x 1 loop(1'RI)	590m per loop
October 19, 2021	Rykert Cres	6x2 loops(1.5'RI)	535m per loop
October 26, 2021	Stratheden	8x1 loop(1.5'RI)	710m per loop
November 2, 2021	Sunnybrook Lower flats	5x4' (2'RI)	

Date	Location	Workout	Distance
November 9, 2021	Hanna loops	2x (1,1.5,1 loop(2'RI)	1.04km per loop
November 16, 2021	Belsize loop	7x3'(1.5' RI) easy jog for recovery	
November 23, 2021	Mallory Cres	5x2 loops (2'RI)	520m per loop
November 30, 2021	Sunnydene Cres	Ladder; 1,2,3,3,2,1 loop (2'RI)	420m per loop
December 7, 2021	Rykert Cres	7x3'(1.5'RI) jog back to start	535m per loop
December 14, 2021	P's at Hanna	8x letter P(1.5'RI)	790m per loop
December 21, 2021	Wondering workout Bring your bells and Santa wear	Easy workout at 3 different locations	
December 28, 2021	Figure 8's Hanna	4x1.5 loops (2'RI)	1.04km per loop