

XSNRG Workouts 2022

Date	Location	Workout	Distance
January 4, 2022	Vaughan Estates	4 x 2 loops (1.5' RI)	710 m per loop
January 11, 2022	Rykert Cres	4 x 5' (2'RI) easy jog for recovery	535m per loop
January 18, 2022	Sunnydene Cres.	6 x 2 loops (1.5'RI)	420m per loop
January 25, 2022	Sunnybrook Lower flats	5 x 4' (2'RI) easy jog for recovery	
February 1, 2022	Rykert Cres	4 x (1 loop, 2 loops) (2'RI)	535m per loop
February 8, 2022	Blyth Hill Loop	5 x 2 loops (2'RI)	590m per loop
February 15, 2022	Mallory Cres	1 x 5' (2'RI), 5 x 2' (1'RI), 1 x 5' easy jog for recovery	520m per loop
February 22, 2022	Sunnydene Cres	Ladder, 1,2,3,3,2,1 loops (2'RI)	420m per loop
March 1, 2022	Rykert Cres	4 x 5' (2'RI)	435m per loop
March 8, 2022	P's Hanna	8 x letter P (1.5'RI)	790m per loop
March 15, 2022	Mallory Cres	5 x 2 loops (2'RI)	520m per loop
March 22, 2022	Vaughan Estates	8 x 1 loop (1.5RI)	710m per loop
March 29, 2022	Rykert Cres	7 x 3' (1.5'RI) jog back to start	420m per loop
April 5, 2022	Stratheden	8 x 3/4 loop (1/4 loop for recovery)	710m per loop
April 12, 2022	Sunnybrook Lower flats	1 x 5' (2'RI), 5 x 2' (1'RI), 1 x 5' Optional 5km timed	
April 19, 2022	Vaughan Estates	7 x 3' (1.5' RI)	710 m per loop
April 26, 2022	Rykert Cres	5 x 2 loops (2'RI)	435m per loop
May 3, 2022	Suncrest Hill NOTE: Move back to Sunnybrook Park this week	6 x (over and back) hard up, easy down	720m one way
May 10, 2022	Cricket Pitch	1 x 5' (2'RI), 5 x 2' (1'RI), 1 x 5'	
May 17, 2022	Glenorchy Long Course	4 x full loop (2'RI)	1.85km per loop
May 24, 2022	Rykert Cres	Ladder; 1,2,3,4,4,3,2,1min Rest is half the run interval	
May 31, 2022	Hospital Hill	7 x (hard up, easy down)	660m each way
June 7, 2022	Wanless Park	20 x 1' (30"RI)	
June 14, 2022	Serena Gundy Hill	7 x 1 loop (hard up, easy down)	
June 21, 2022	Cricket pitch	10 x 2' (1'RI)	
June 28, 2022	Glenorchy Short Loop	6 loops (2'RI)	1.04km per loop
July 5, 2022	Rykert Cres	10 x 1 loop	420m per loop
July 12, 2022	Hospital Hill	6 x hill, plus parking lot until stop sign,easy down	
July 19, 2022	Cricket Pitch	10 x 2' (1'RI)	
July 26, 2022	Suncrest Hill	6 x (Hard up, easy down)	720m one way
August 2, 2022	Sunnbrook Upper Flats	20 x 1' (30"RI)	
August 9, 2022	Double Trouble	3 x Hospital Hill, 3 x Lyndhurst Recovery on flat between hills	
August 16, 2022	Cricket Pitch	1 x 5' (2'RI), 5 x 2'(1'RI),1 x 5'	
August 23, 2022	Glenorchy Short Loop	6 x 1 loop (2'RI)	1.04km per loop

Date	Location	Workout	Distance
August 30, 2022	Rykert Cres	4 x (1 loop, 2 loops (2'RI))	535m per loop
September 6, 2022	Hospital Hill	7 x (hard up, easy down)	660m each way
September 13, 2022	Cricket Pitch	10 x 2' (1'RI)	
September 20, 2022	Suncrest Hill	6 x (Hard up and down) 1.5' RI each way	700m each way
September 27, 2022	Sunnybrook Lower flats	1 x 5' (2'RI), 5 x 2' (1'RI), 1 x 5'	optional 5km timed
October 4, 2022	Mallory Cres NOTE: Move back to School this week	10 x 1 loop (1'RI)	520m per loop
October 11, 2022	Blyth Hill	10 x 1 loop (1'RI)	
October 18, 2022	Rykert Cres	6 x 2 loops (1.5'RI)	535m per loop
October 25, 2022	Stratheden	8 x 1 loop(1.5'RI)	710m per loop
November 1, 2022	Sunnybrook Lower flats	5 x 4' (2'RI)	
November 8, 2022	Hanna loops	2 x (1,1.5,1 loop (2'RI))	1.04km per loop
November 15, 2022	Belsize loop	7 x 3' (1.5' RI) easy jog for recovery	
November 22, 2022	Mallory Cres	5 x 2 loops (2'RI)	520m per loop
November 29, 2022	Sunnydene Cres	Ladder; 1,2,3,3,2,1 loop. (2'RI)	420m per loop
December 6, 2022	Rykert Cres	7 x 3' (1.5'RI) jog back to start	535m per loop
December 13, 2022	P's at Hanna	8 x letter P (1.5'RI)	790m per loop
December 20, 2022	Wondering workout Bring your bells and Santa wear	Easy workout at 3 different locations	
December 27, 2022	Figure 8's Hanna	4 x 1.5 loops (2'RI)	1.04km per loop