

DATE	LOCATION	WORKOUT
Jan. 5, 2016	Figure 8's @ Hanna	4 x 1.5 loops (2'RI)
Jan. 12, 2016	Rykert Cres	7 x 3' (1.5' RI, jog back to start)
Jan.19, 2016	Sunnydene Cres	6 x 2 loops (1.5' RI)
Jan. 26, 2016	Sunnybrook Lower Flats	5 x 4' (2'RI) easy jog for recovery
Feb. 2, 2016	Vaughan Estates	5 x 2 loops (1.5' RI)
Feb. 9, 2016	Rykert Cres.	4 x 5' (2'RI) easy jog for recovery
Feb. 16, 2016	Blyth Hill Loop	5 x 2 loops (1.5' RI)
Feb. 23, 2016	Mallory Cres	1 x 5' (2RI) 5 x 2' (1'RI) 1 x 5', easy jog for recovery
Mar. 1, 2016	Sunnydene Cres.	Ladders (1,2,3,3,2,1) 2'RI
Mar. 8, 2016	Rykert Cres	2 x (1 loop, 2 loops, 1 loop) 2'RI
Mar. 15, 2016	P's @ Hanna	8 x letter p (1.5' RI)
Mar. 22, 2016	Mallory Cres	5 x 2 loops (2'RI)
Mar. 29, 2016	Vaughan Estates	7 x 3' (1.5' RI) easy jog for recovery
Apr. 5, 2016	Rykert Cres.	4 x 5' (2'RI) easy jog for recovery
Apr.12, 2016	Stratheden	8 x 3/4 loop (1/4 loop for active recovery)
Apr. 19, 2016	Sunnybrook Lower Flats	2 x 5' (2' RI) 5 x 2' (1RI)
Apr. 26, 2016	Hospital Hill	6 x Hard down, hard up (2'RI) Starting at top of hill
May. 3, 2016	Rykert Cres	5 x 2 loops (2'RI)
NOTE: Move back to Sunnybrook Park this week		
May. 10, 2016	Suncrest Hill	6 x over and back: work phase on up slope and active recovery on the down slope
May. 17, 2016	Cricket Pitch	1 x 5' (2'RI), 5 x 2' (1'RI), 1 x 5'
May. 24, 2016	Glenorchy long course	4 x full loop (2'RI)
May.31, 2016	Cricket pitch	Ladders 1',2',3',4',4',3',2',1' (RI is half the run interval)

June. 7, 2016	Hospital Hill	7 x , hard up, easy down
June. 14, 2016	Wanless Park	20 x 1' (30" RI)
June. 21, 2016	Surena Gundy Hill	7 x 1 loop (hard up, easy down. start at bottom of hill
June.28, 2016	Soccer fields	10 x 2' (1 RI)
July. 5, 2016	Glenorchy short course	6 loops (2' RI)
July. 12, 2016	Rykert Cres	10 x 1 loop (1'RI)
July. 19, 2016	Hospital Hill	6 x hill plus upper parking lot until stop sign Recovery, back on lot and down hill
July. 26, 2016	Cricket pitch	5 x 2' (1' RI), 2 x 5' (2' RI)
Aug. 2, 2016	Suncrest Hill	6 x over and back. Hard on the up slope. Active recovery on the down slope
Aug. 9, 2016	Sunnybrook Upper Flats	20 x 1' (30" RI)
Aug. 16, 2016	Double trouble	3 x Hospital and Lynhurst Hill Recovery on the flat between hills
Aug. 23, 2016	Cricket Pitch	1 x 5' (2'RI), 5 x 2' (1RI), 1 x 5'
Aug. 30, 2016	Glenorchy short course	6 x 1 loop (2' RI)
Sept.6, 2016	Rykert Cres	4 x [1 loop(1'RI), 2 loops (1.5' RI)]
Sept. 13, 2016	Hospital Hill	7 x Hard up, easy down
Sept. 20, 2016	Cricket pitch	10 x 2' (1' RI)
Sept. 27, 2016	Suncrest Hill	6 x each way,work hard up and down 1.5' rest at each end (stop sign)
Oct. 4, 2016	Mallory Cres	10 x 1 loop (1RI)

NOTE: Move back to School this week

Oct. 11, 2016	Loblaw's Hill	6 x continous: hard up, easy down Flat option, 10 x 2' (1RI)
Oct. 18, 2016	Sunnybrook Lowe Flats	1 x 5'(2RI), 5 x 2' (1' RI), 1 x 5' Easy jog for recovery
Oct. 25, 2016	Stratheden	8 x 1 loop (1.5' RI)
Nov. 1, 2016	Rykert Cres	6 x 2 loops (1.5' RI)
Nov.8, 2016	Hanna Loops	2 x (1, 1.5, 1 loops (2'RI)
Nov.15, 2016	Belsize Loop	7 x 3' (1.5' RI) easy jog for recovery

Nov. 22, 2016	Mallory Cres	5 x 2 loops (2RI)
Nov. 29, 2016	Sunnydene Cres	Ladders (1,2,3,3,2,1) 2'RI
Dec. 6, 2016	Rykert Cres	7 x 3' (1.5' RI) jog back to start
Dec. 13,2016	P's @ Hanna	8 x letter P (1.5' RI)
Dec. 20, 2016	Wondering workout Bring your bells and finest Christmas wear	Easy workout. We will travel to 3 different locations
Dec. 27, 2016	Vaughan Estates	10 x 2' (2RI)

DISTANCE

1.04km per loop

535m per loop

420m per loop

535m per loop

520 m per loop

420m per loop

535m per loop

520m per loop

535m per loop

710 m per loop

535m per loop

1.85 km

660m each way

1.045 km

535m per loop

800m to the stop sign

1.045 km

535m per loop

660m each way

700m one way

520m per loop

710m per loop

535m per loop

1.04km per loop

520m per loop

420m per loop

535m per loop