

DATE	LOCATION	WORKOUT
January 5, 2010	Rykert Crescent	6 X 3' (1.5'RI, jog back to start)
January 12, 2010	Sunnydene Crescent	12 X 1 loop (1' RI)
January 19, 2010	P's Hanna	8 X P's (1.5' RI)
January 26, 2010	Lower Flats	5 X 4' (2' RI); active recovery
February 2, 2010	Blyth Hill Loop	10 X 1 loop (1' RI)
February 9, 2010	Vaughan Estates	10 X 2' (1' RI) active recovery
February 16, 2010	Sunnydene Crescent	Ladders (1,2,3,3,2,1) 2' RI
February 23, 2010	Rykert Crescent	5 x 2 loops (1.5'RI)
March 2, 2010	Figure 8's @ Hanna	4 x 1.5 loops (2'RI)
March 9, 2010	Mallory Crescent	1 x 5' (2'RI); 5 x 2' (1' RI); 1 x 5'
March 16, 2010	Sunnydene Crescent	6 x 2 loops (2' RI)
March 23, 2010	Rykert Crescent	2 x (1 loop, 2 loops, 1 loop) 2' RI
March 30, 2010	Blyth Hill Loop	6 x 2 loops (1.5' RI)
April 6, 2010	Mallory Crescent	5 x 2 loops (1.5'RI)
April 13, 2010	Stratheden	8 x 3/4 loop (1/4 loop active recovery)
April 20, 2010	Rykert Crescent	4 x 5' (2' RI)
April 27, 2010	Hospital Hill	6 X Hard down, hard up (1.5'R) (starting at top)
May 4, 2010	Sunnybrook Lower Flats	2 X 5' (2' RI); 5 X 2' (1' RI)
May 11, 2010	Sunnydene Crescent	Ladders: 2 X (1 loop, 2 loops, 3 loops); 1.5' RI
May 18, 2010	Suncrest Hill	6 X over and back: work on up slope and active recovery on down slope
May 25, 2010	Soccer Fields	1 x 5' (2'RI); 5 x 2' (1' RI); 1 x 5'
June 1, 2010	Glenorchy short course	6 loops (2' RI)
June 8, 2010	Hospital Hill	8 continuous: work hard up, easy down
June 15, 2010	Wanless Park	20 x 1' (1RI)
June 22, 2010	Serena Gundy Hill	7 X 1 loop (hard up, easy down) Start at bottom
June 29, 2010	Soccer Fields	Ladders: 1', 2', 3', 4', 4', 3', 2', 1' (RI is half the run interval)
July 6, 2010	Glenorchy long course	4 X full loop (2' RI)
July 13, 2010	Hospital Hill	6 X hill plus upper parking lot: recovery on down slope
July 20, 2010	Rykert Crescent	6 x 2 loops (1.5' RI)
July 27, 2010	Suncrest Hill	6 X over and back: work on up slope and active recovery on down slope
August 3, 2010	Cricket Pitch	5 X 2' (1' RI), 2 X 5' (2' RI)
August 10, 2010	Double Trouble	3 X Hospital Hill and Lyndhurst Hill: active recovery on flats between hills
August 17, 2010	Sunnybrook Upper Flats	20 x 1' (30" RI)
August 24, 2010	Glenorchy short course	6 X 1 loop (2' RI)
August 31, 2010	Rykert Crescent	4 X [1 loop (1' RI), 2 loops (1.5' RI)]
September 7, 2010	Suncrest Hill	6 X over and back: work hard up and active recovery down
September 14, 2010	Sunnybrook Upper Flats	10 X 2' (1' RI)

September 21, 2010	Soccer Fields	1 x 5' (2'RI); 5 x 2' (1' RI); 1 x 5'
September 28, 2010	Hospital Hill	8 X Hard up, easy down
October 5, 2010	Mallory Crescent	3 X [1 loop (1' RI), 2 loops (1.5' RI)]
October 12, 2010	Loblaw's Hill	6 X continuous: hard up, easy down; falt option, 10 X 2' (1'RI active)
October 19, 2010	Sunnybrook Lower Flats	5 X 4' (2' RI)
October 26, 2010	Hanna loops	2 X (1, 1.5, 1 loops); 2' RI for each
November 2, 2010	Rykert Crescent	6 x 2 loops (1.5' RI)
November 9, 2010	Serena Gundy Hill	10 X continuos, easy down to washrooms, hard up (start from top)
November 16, 2010	Stratheden	8 X 1 loop, (1' RI)
November 23, 2010	Belsize Loop	7 X 3' (1.5' RI); easy jog for recovery)
November 30, 2010	Sunnydene Crescent	Ladders: (1,2,3,3,2,1); 2' RI
December 7, 2010	Blyth Hill Loop	10 X 2' (1' RI)
December 14, 2010	P's Hanna	8 X P's (1.5' RI)
December 21, 2010	Wandering Workout	
December 28, 2010	Mallory Crescent	5 X 4' (1.5' RI, jog back to start)

DISTANCE
535m per loop
420m per loop
420m per loop
535m per loop
1.04 km per loop
420m per loop
535m per loop
520m per loop
660m each way

NOTE: Move back to Sunnybrook Park this week

420m per loop
660m each way
1.5km per loop
660m each way
535m per loop
535m per loop

520m per loop NOTE: Move back to School this week
1.04km per loop
420m per loop