

DATE	LOCATION	WORKOUT	DISTANCE
January 4, 2011	Rykert Crescent	6 X 3' (1.5'RI, jog back to start)	535m per loop
January 11, 2011	Sunnydene Crescent	12 X 1 loop (1' RI)	420m per loop
January 18, 2011	P's Hanna	8 X P's (1.5' RI)	
January 25, 2011	Lower Flats	5 X 4' (2' RI); easy jog for recovery	
February 1, 2011	Blyth Hill Loop	10 X 1 loop (1' RI)	
February 8, 2011	Sunnydene Crescent	Ladders(1,2,3,3,2,1) 2"RI	420m per loop
February 15, 2011	Vaughan Estates	10 X 2' (1' RI)	
February 22, 2011	Rykert Crescent	5 x 2 loops (1.5'RI)	535m per loop
March 1, 2011	Figure 8's @ Hanna	4 x 1.5 loops (2'RI)	1.04 km per loop
March 8, 2011	Mallory Crescent	1 x 5' (2'RI); 5 x 2' (1' RI); 1 x 5'	520m per loop
March 15, 2011	Sunnydene Crescent	6 x 2 loops (2' RI)	420m per loop
March 22, 2011	Rykert Crescent	2 x [1 loop, 2 loops, 1 loop] 2' RI	535m per loop
March 29, 2011	Blyth Hill Loop	6 x 2 loops (1.5' RI)	
April 5, 2011	Mallory Crescent	5 x 2 loops (1.5'RI)	520m per loop
April 12, 2011	Stratheden	8 x 3/4 loop (1/4 loop active recovery)	
April 19, 2011	Rykert Crescent	4 x 5' (2' RI)	535m per loop
April 26, 2011	Hospital Hill	6 x Hard down, hard up (1.5 R) starting at top	660m each way
May 3, 2011	Sunnybrook Lower Flats	2 X 5' (2' RI); 5 X 2' (1' RI)	NOTE: Move back to Sunnybrook Park this week
May 10, 2011	Sunnydene Crescent	Ladders: 2 X (1 loop, 2 loops, 3 loops); 1.5' RI	420m per loop
May 17, 2011	Suncrest Hill	6 X over and back: work on up slope and active recovery on down slope	
May 24, 2011	Soccer Fields	1 x 5' (2'RI); 5 x 2' (1' RI); 1 x 5'	
May 31, 2011	Glenorchy short course	6 loops (2' RI)	
June 7, 2011	Hospital Hill	6 continuous: work hard up, go easy down	660m each way
June 14, 2011	Wanless Park	20 x 1' (1RI)	
June 21, 2011	Serena Gundy Hill	7 X 1 loop (hard up, easy down) Start at bottom of Hill	
June 28, 2011	Soccer Fields	Ladders: 1', 2', 3', 4', 4', 3', 2', 1' (RI is half the run interval)	
July 5, 2011	Glenorchy long course	4 X full loop (2' RI)	1.5km per loop
July 12, 2011	Hospital Hill	6 X hill plus upper parking lot: recovery on down slope	660m each way
July 19, 2011	Rykert Crescent	6 x 2 loops (1.5' RI)	535m per loop

July 26, 2011	Suncrest Hill	6 X over and back: work on up slope and active recovery on down slope	
August 2, 2011	Cricket Pitch	5 X 2' (1' RI), 2 X 5' (2' RI)	
August 9, 2011	Double Trouble	3 X Hospital Hill and Lyndhurst Hill: active recovery on flats between hills	
August 16, 2011	Sunnybrook Upper Flats	20 x 1' (30" RI)	
August 23, 2011	Glenorchy short course	6 X 1 loop (2' RI)	
August 30, 2011	Rykert Crescent	4 X [1 loop (1' RI), 2 loops (1.5' RI)]	535m per loop
September 6, 2011	Hospital Hill	8 x Hard up, easy down	660m each way
September 13, 2011	Sunnybrook Upper Flats	10 X 2' (1' RI)	
September 20, 2011	Soccer Fields	1 x 5' (2'RI); 5 x 2' (1' RI); 1 x 5'	
September 27, 2011	Suncrest Hill	6 X over and back: work on up slope and active recovery on down slope	
October 4, 2011	Mallory Crescent	3 X [1 loop (1' RI), 2 loops (1.5' RI)]	520m per loop NOTE: Move back to School this week
October 11, 2011	Loblaw's Hill	6 X continuous: hard up, easy down; flat option available 10 x 2' (1RI)	
October 18, 2011	Sunnybrook Lower Flats	5 X 4' (2' RI)	
October 25, 2011	Hanna Loops	2 X (1, 1.5, 1 loops); 2' RI for each	1.04km per loop
November 1, 2011	Rykert Crescent	6 x 2 loops (1.5' RI)	535m per loop
November 8, 2011	Blyth Hill	6 x 2 loops (1.5RI)	
November 15, 2011	Stratheden	8 X 1 loop, (1' RI)	
November 22, 2011	Belsize Loop	7 X 3' (1.5' RI); easy jog for recovery)	
November 29, 2011	Sunnydene Crescent	Ladders: (1,2,3,3,2,1); 2' RI	420m per loop
December 6, 2011	Blyth Hill Loop	10 X 2' (1' RI)	
December 13, 2011	P's Hanna	8 X P's (1.5' RI)	
December 20, 2011	Wandering Workout		
December 27, 2011	Mallory Crescent	5 X 4' (1.5' RI, jog back to start)	520m per loop