

The Ottawa Running Club

Jan 12 - Aug 3, 2010

- Dovercourt Recreation Centre- Workout Locations / Format

Tuesday evenings at 6:30pm

Date	Location	Workout
12 Jan. 2010	Hillcrest	12 x 1 loop (1.5' RI)
19 Jan. 2010	Rowanwood-Byron to Dovercourt	5.5 x 1 loop (2'RI)
26 Jan. 2010	Rex/Dennison	6', 5', 4', 3', 2', 1' (RI _ run interval time)
2 February '10	Hillcrest north (entire length)	7 x hill (easy down)
9 February '10	Honeywell/Knightsbridge	5 x 4 min run (1.5'RI)
16 February '10	Edgecliffe	6 or 7 x hard up/ easy down
23 February '10	Wembley/Lauder	ladder-0.5 loop;1loop; 1.5 loop--1.5 loop;1loop;0.5 loop (RI=_run)
2 March 2010	Atlantis/Royal/Selby loop	20min continuous run length; 0.5 loop hard/0.5loop easy
9 March 2010	Compton/Anthony/Ancaster	7 x 1 loop (1.5' RI)
16 March 2010	Westminster/Keenan/Windermere	5.5 x 2 loops (1.5' RI)
23 March 2010	Manitou/BIFriars/PrinceCh/Neepaw	5 x 4' (2' RI)
30 March 2010	Lockhart/Aylen/Saunders	2x1.5min run (30sec);3 x 5min (2'RI); 3x1.5min(30sec)
6 April 2010	Roosevelt, Keenan, Cole	5 x 1.5 loops (2' RI)
13 April 2010	Tweedsmuir/Dovercourt/Dun Cairn	2 x 5' (2'RI); 5x 2' (1'RI)
20 April 2010	Knightsbridge/BIFriars/Doverc. loop	Ladder 1',2',3,4',4',3,2,1 (RI= half run time)
27 April 2010	Allison/Harcourt loop	6 x loop (1.5' RI)
4 May 2010	Workman/Kirchoffer/Lochaber Ave.	1x 5'(2'RI);5x 2'(1'RI);1x5'
11 May 2010	Athalone/ Evered/ Tweedsmuir	6.5 x 1 loop (1.5'RI)
18 May 2010	NotreDame-track	10 x 400m (RI=2x run time)
25 May 2010	Sharon Ave.-Castlewood	0.5 loop;1loop; 1.5 loop;2loop;1.5 loop;1loop;0.5 loop (RI= run)
1 June 2010	Hampton Park	Ladders 4',3',2',1',1',2,3,4 (RI= half run time)
8 June 2010	Selby/Ferndale	1loop hard/1loop easy-continuous-20min
15 June 2010	Bramaer Park (near Garfield)	3 x long hill run; 4x short hill (down=RI)
22 June 2010	River Pkwy (north of Mansfield)	2 x 5' (2'RI); 5x 2' (1'RI)
29 June 2010	Hillcrest North	2x (1loop,2loop,3loop) (1.5'RI)
6 July 2010	NotreDame-track	4x200(45"RI);2x400(1');1x800(2'RI); 2x400(1'), 4x200
13 July 2010	Compton-Flower to Byron	7 x up hill with ActRec on down (long straights)
20 July 2010	McKellar Park	10 x 2' (1.5'RI)
27 July 2010	NotreDame-track	3x400m, 3x1600m, 3x400m
3 August 2010	Denbury/Keenan/Fraser/Byron	7 x 'U'loop (1.5min. Rest Interval)

Note: The symbol ' = Minutes
RI = Rest Intervals