

Dovercourt Run Club

Workout Locations and Format

Tuesday Nights- 6:30pm start, lower doors

Date	Location	Workout
3 June 2008	Edgecliffe	6 or 7 x hard up/ easy down
10 June 2008	NotreDame track	10 x 400 (rest=2xrun time)
17 June 2008	Hillcrest north (entire length)	7 x hill (hard up/easy down)
24 June 2008	Hampton Park	ladders 1',2',3',4',4',3',... (RI _ run interval time)
1 July '08	Denbury/Keenan/Fraser/Byron	6x 'U'loop (2' RI)
8 July '08	Braemer Park (nr Garfield)	6 x long run (easy down)
15 July '08	Rex / Denison	6 x 1 loop (1.5' RI)
22 July '08	Atlantis	7 to 9 x hill continuous (easy down)
29 July '08	River Parkway @ Dominion	5x 2' (1'RI)& 2x 5' (2' RI)
5 Aug 2008	Carlington Park	6 x hill (v. easy down)
12 Aug 2008	Rowanwood loop-Byron-Doverct.	6 or 7 x 1 loop (1.5' RI)
19 Aug 2008	Athalone/ Evered	6 x 1 loop (1.5 to 2' RI)
26 Aug 2008	Lockhart/Aylen	20min run continuous; 0.5loop hard/0.5loop easy
2 Sept 08	Wembley / Lauder	4 x [1 loop (1'RI), 2 loops(1.5'RI)]
9 Sept 08	McKellar Park	7 x 3' (1.5'RI)
16 Sept 08	Manitou/BIFriars/Pcharles/Neepaw	1x 5' (2'RI),5x 2' (1'RI), 1x5'
23 Sept 08	Hillcrest north small loop	2 x (1loop,2loop,3loops); 1.5'RI
30 Sept. 08	Ravenhill stairclimb	3 x[1 loop(1'RI), 2 loops(1.5'RI)]
7 Oct. 2008	NotreDame track	4x 200 (45"RI), 2x400(1'RI), 1x800(2'RI), 2x400,4x200
14 Oct. 2008	Honeywell/Knightsbridge	5x4' (2'RI)
21 Oct. 2008	Braemer Park (nr Garfield)	3 x long run; 4x short hill (down=RI)
28 Oct. 2008	scarey River Parkway-@ Mansfld	5x 2' (1'RI)& 2x 5' (2' RI)
4 Nov. '08	Workman/Kirchoffer/Lochaber Ave.	6x 'P' loop (1.5' RI)
11 Nov. '08	Compton/Ancaster/Flower	7 x 1 loop (1.5'RI)
18 Nov. '08	NotreDame track	3x400 (30sec);3x 1600(1.5'); 3x 400(30sec)
25 Nov. '08	Edgecliffe	6 or 7 x hard up/ easy down

Legend: RI = rest interval
' = minutes