

Dovercourt -Ottawa Run Club

The Ottawa Running Club

- Dovercourt Recreation Centre- Workout Locations / Format

meeting on Tuesday evenings at 6:00pm (lower pool desk)

Date	Location	Workout	Length
28 Aug. 2018	Rowanwood loop-Byron-Doverct.	4.5 or 5 times Loop (2 min. rest Interval)	1 km
4 Sept '18	NotreDame track	1x 1600(RI=2min);2 x 800 (2RI), 3x400 (1.5RI) -if keen, 4x 200 (1.5min),	
11 Sept '18	Braemer Park (nr Garfield)	3 to 5 x long run (easy down)	440 or 750 m length
18 Sept '18	River Parkway @ Dominion	1x5min; 2x 2.5', 3x 1.5', 4x 45", 4 x 20sec (all 1'RI except first rest)	440 or 750 m length
25 Sept '18	Doverct/Knightsbridge/Sherbourne/BIFriars	Ladder 1', 2', 3', 4'-4',3',2',1' (RI= half run time)	
2 Oct '18	Belford, Bevan+Dawson	6 x 1 loop (2' RI)	600 or 900m
09-Oct-18	Compton/Ancaster/Flower	5 or 6 x 1 loop (1.5'RI)	860 m
16-Oct-18	Westminster/Keenan/Windermere	2x1loop (1.5' RI), 2 x 2loop (2'RI), 1 x 1 loop	580
23-Oct-18	Honeywell/Knightsbridge	6 x 3min run (1.5' RI with one 2' in middle)	1.02km
30-Oct-18	Sharon/Kileen/Castlewood	1x 5'(2'RI);5x 2'(1.5'RI);1x5'	-
6 Nov. 2018	Lockhart/ Aylen	2 x 13min run continuous; 0.5loop hard/0.5loop easy (2.5' rest)	730 m
13 Nov. 2018	Wembley / Lauder	2 x [1 loop (1.5'RI), 2 loops(2'RI)]+ 1 loop finish	720
20 Nov. 2018	Athalone/ Evered	5 x 1 loop (1.5 to 2' RI)	1.01
27 Nov. 2018	Hillcrest north small loop	2x 2 loop (2'RI); 5x 1 loop (1.5' RI)	600m
04-Dec-18	Manitou/BIFriars/PCharles/Neepaw	5x 2' (1.5'RI), 2x 5' (2'RI)	1.13 km
11-Dec-18	Denbury/Crossfield/Fraser/Byron	7 or 8 x 'U'loop (1.5min. Rest Interval)	630
18-Dec-18	Tweedsmuir/Dovercourt/Duncairn	0.5 loop easy; 0.5 loop hard-continuous; 3 x 8 min. runs	820
25-Dec-18	NO WORKOUT	NO WORKOUT	
January 1, 2019	NO WORKOUT	NO WORKOUT	
January 8, 2019	Workman/Kirchoffer/Lochaber Ave.	4 or 5 x 'P' loop (2' RI)	1 km
January 15, 2019	Dunlevie	6 or 8 x one 'U' loop (1.5' RI)	580 m
January 22, 2019	Atlantis (Selby to Workman)	5 to 7 x continuous (easy down)	410 m e/way
January 29, 2019	Rex / Denison	4 or 5 x 1 loop (2' RI)	1.01km

Legend:
 RI = rest interval
 ' = minutes