

XSNRG Workouts 2020

Date	Location	Workout	Distance
January 7, 2020	Rykert Cres	1,2,1,2,1,2,1 loops (1'R after 1 loop, 1.5' R afer 2 loops)	535m per loop
January 14, 2020	Blyth Hill Loop	5x2 loops (2'RI)	580m per loop
January 21, 2020	Mallory Cres.	1x5'(2'RI), 5x2'(1'RI) , 1x5'	520m per loop
January 28, 2020	Sunnydene Cres.	Ladder workout: 1,2,3,3,2,1 (2'RI)	420m per loop
February 4, 2020	Figure 8's Hanna	4x 1.5 loops(2"RI)	1.04 km per loop
February 11, 2020	Rykert Cres	4x5' (2'RI) easy jog for recovery	535m per loop
February 18, 2020	Sunnydene Cres	6x 2 loops (1.5' RI)	420m per loop
February 25, 2020	Sunnybrook Lower Flats	5x4' (2'RI) easy jog for recovery	
March 3, 2020	Vaughan Estates	5 x 2 loops (2'RI)	700m per loop
March 10, 2020	Rykert Cres.	7x3'(1.5' RI) easy jog for recovery	535m per loop
March 17, 2020	Hanna p's	8 x letter p (1.5' RI)	780m per loop
March 24, 2020	Mallory Cres	5x2 loops (2,RI)	520m per loop
March 31, 2020	Vaughan Estates	7x3' (1.5' RI) easy jog for recovery	700m per loop
April 7, 2020	Rykert Cres.	4x5' (2'RI) easy jog for recovery	535m per loop
April 14, 2020	Stratheden	8x 3/4 loop, 1/4 loop recovery	
April 21, 2020	Sunnybrook Lower Flats	1x5' (2'RI), 5x2' (1'RI), 1x5'	
April 28, 2020	Hanna 8's	4x1.5'loops(2'RI)	1.5 loop is 1.8km
May 5, 2020	Rykert Cres NOTE: move to Sunnybrook Park	5x2 loops(2'RI)	535m per loop
May 12, 2020	Suncrest Hill	6x (hard up, easy down)	
May 19, 2020	Cricket Pitch	1x5 (2'RI), 5x2'(1'RI), 1x5'	
May 26, 2020	Glenorchy Long Course	4 x full loop(2'RI)	1.85km per loop
June 2, 2020	Cricket Pitch	Ladder workout; 1,2,3,3,2,1 rest is half the run interval	
June 9, 2020	Hospital Hill	7x (hard up, easy down)	660m each way
June 16, 2020	Wanless Park	20 x 1' (30"RI)	
June 23, 2020	Sereny Gundy Hill	7x 1 loop (hard up, easy down)	
June 30, 2020	Cricket Pitch	10 x 2 loops (1'RI)	
July 7, 2020	Glenorchy Short Loop	6 loops(2'RI)	1.045 km per loop
July 14, 2020	Rykert Cres.	10 x 1 loop(1'RI)	535m per loop
July 21, 2020	Hospital Hill plus parking lot	6 x hill plus parking lot to stop sign, easy down	
July 28, 2020	Cricket Pitch	10x 2' (1'RI)	
August 4, 2020	Suncrest Hill	6x (hard up, easy down)	
August 11, 2020	Sunnybrook Upper Flats	20 x 1' (30"RI)	
August 18, 2020	Double Trouble	3x Hospital Hill & Lyndhurst, recovery on flat between hills	
August 25, 2020	Cricket Pitch	1x5' (2'RI), 5x2'(1'RI), 1x5'	
September 1, 2020	Glenorchy Short Loop	6 loops(2'RI)	1.045km per loop
September 8, 2020	Rykert Cres	1,2,1,2,1,2,1,2 loops (1'R after 1 loop, 1.5'R after 2 loops)	535m per loop
September 15, 2020	Hospital Hill	6 x (Hard up , easy down)	660m each way
September 22, 2020	Cricket Pitch	10x2' (1'RI)	
September 29, 2020	Suncrest Hill	4 x (hard up, hard down)1.5'RI	700m each way
October 6, 2020	Mallory Cres Back to Leaside HS this week	10 x 1 loop(1'RI)	520m per loop
October 13, 2020	Blyth Hill	10x 1 loop(1'RI)	580m per loop
October 20, 2020	Sunnybrook Lower Flats	1x5'(2'RI),5x2'(1'RI), 1x5'	
October 27, 2020	Stratheden	8x1 loop (1.5'RI)	710m per loop
November 3, 2020	Rykert Cres.	6x 2 loops(1.5' RI)	535m per loop
November 10, 2020	Hanna	1,1.5,1,1.5,1 loops (1.5 RI)	1.04 km per loop

Date	Location	Workout	Distance
November 17, 2020	Belsize loop	7x3' (1.5'RI) easy jog for recovery	
November 24, 2020	Mallory Cres	5x2 loops(2'RI)	520m per loop
December 1, 2020	Sunnydene Cres	Ladder workout;1,2,3,3,2,1 loops 2'RI	420m per loop
December 8, 2020	Rykert Cres	7x3'(1.5'RI) easy jog for recovery	535m per loop
December 15, 2020	Hanna p's	8x letter p(1.5'RI)	780m per loop
December 22, 2020	Wondering Workout	Bring your Santa wear(red) and bells. Easy workout at 3 locations	
December 29, 2020	Hanna 8's	4x 1.5 loops(2'RI)	1.05km per loop