



PRAIRIE INN HARRIERS RUNNING CLUB

2011 Tuesday Night Workouts

52-Week Interim Training Schedule

For all races on Vancouver Island throughout 2011

Week/Leader	Date	Time	Location	Surface	Format
1 Bob	Jan. 4	5:00 pm	Kingsley/Aldridge	Road	10 x 500m, 100m recovery – Five circuits of Aldridge, Knight, Kingsley, North Dairy
2 Gary	Jan. 11	5:00 pm	Low Doncaster	Road	12 x 400m hill repeats, 400m trail recovery. 2 surges. Three sets of four
3 Gary	Jan. 18	5:00 pm	King's Pond	Trail/Road	12 x 125m/250m – First on trail, second on Ascot. Three sets of four
4 Bob	Jan. 25	5:00 pm	Wordsworth/Browning NEW!	Road	10 x 500m, 50m recovery – Five figure-eights of Wordsworth, North Dairy, Browning, McRae, Wordsworth, Knight and Browning Park
5 Gary	Feb. 1	5:00 pm	Mt. Tolmie/UVic	Road	Over Mt. Tolmie then 1 times Ring Road with 2 x 1K hard intervals
6 Bob	Feb. 8	5:00 pm	Topaz Park	Grass	Two 14 minute tempo runs with 250m hard, 50m recovery
7 Gary	Feb. 15	5:00 pm	Cook/Quadra	Road	12 hills – Three circuits on Hollis, Clovelly Terrace, Camrose Court, Connorton Lane
8 Bob	Feb. 22	5:00 pm	Oaklands Park NEW!	Grass	Parloff Relay (teams of two) – 30 minutes (12, 10, 8) of 200m, 50m recovery, two minutes recovery between sets
9 Gary	Mar. 1	5:00 pm	Lansdowne School	Grass	5 x 1K, final 200m hard, 200m recovery
10 Bob	Mar. 8	5:00 pm	Cedar Hill Golf Course	Chip Trail	3 x 1 mile on north loop, 500m recovery through middle
11 Gary	Mar. 15	5:00 pm	Topaz Park	Grass	4 x 1.2K around park perimeter, 1 minute recovery
12 Bob	Mar. 22	5:00 pm	Bridgeport Place	Road	12 hills – Three circuits on Bridgeport, McInnis, Clovelly, Duke. Three accelerations on Dartmouth
13 Gary	Mar. 29	5:00 pm	Summit Park	Grass/Trail	12 x 500m, 1 minute recovery – three sets of four
14 Bob	Apr. 5	5:00 pm	Reynolds Park NEW!	Grass	12 x 400m, 6 x 200m, 100m recovery
15 Gary	Apr. 12	5:00 pm	Playfair Park	Paved/Grass	16 x 200m on slight uphill with 1 minute recovery – Eight circuits in two sets of four
16 Bob	Apr. 19	5:00 pm	The Rise/Cook NEW!	Road	18 Hills – Nine circuits of The Rise, Summit, Cook in three sets of three
17 Gary	Apr. 26	5:00 pm	Cedar Hill Golf Course	Chip Trail	4 x 1 mile, 2 minute recovery – Two figure eights of golf course ** <i>Spring Burger & Beer – Maude Hunter's</i>
18 Bob	May 3	5:15 pm	Mount Doug	Trail	14 x 200m, 100m recovery – Glendenning hill. Two sets of seven
19 Gary	May 10	5:15 pm	Mount Doug	Trail	4 x 3/4 mile, 1 minute recovery – Whittaker and Norn
20 Bob	May 17	5:15 pm	Mount Doug	Trail	6 x 500m/250m/250m, alternating fast and slow. Dave Reed memorial workout
21 Gary	May 24	5:15 pm	Mount Doug	Trail	3 x 777m/300m/550m, 1 minute recovery – Up Glendenning, down Whittaker, gently up Maddock
22 Bob	May 31	5:15 pm	Mount Doug	Trail	3 x 400m/500m/500m, 1 minute recovery – Norn, Irvine, Connector, Norn
23 Gary	Jun. 7	5:15 pm	Mount Doug	Trail	3 x 450m/250m/450m, 1 minute recovery – Norn, up Harrop Hill, Whittaker
24 Bob	Jun. 14	5:15 pm	Mount Doug	Trail	3 x 200m/450m/450m/300m, 1 minute recovery – Norn, Norn, Whittaker, Whittaker
25 Gary	Jun. 21	5:15 pm	Mount Doug	Trail	4 x 400m/300m/200m, 1 minute recovery – Maddock, Mercer, Glendenning

26 Bob	Jun.28	5:15 pm	Mount Doug	Trail	12 x 400, Whittaker, Whittaker, Norn, Norn ** <i>Summer Burger & Beer – Monkey Tree</i>
27 Gary	July 5	5:15 pm	Hyacinth Park	Trail	12 x 400m, 1 minute recovery – Panama Flats
28 Bob	July 12	5:15 pm	Beacon Hill Park NEW!	Grass	4 x 1 mile, 2 minute recovery
29 Gary	July 19	5:15 pm	Oak Bay Track NEW!	Rubberized	Parloff Relay (teams of two) – 30 minutes (12, 10, 8) of 200m, 50m recovery across the grass, two minutes recovery between sets
30 Bob	July 26	5:15 pm	Beckwith Park	Trail/Grass	12 x 450m, 1 minute recovery
31 Gary	Aug. 2	5:15 pm	Beaver Lake	Trail	6 x 450m/350m, 1 minute recovery – Near the shelter
32 Bob	Aug. 9	5:15 pm	Beaver Lake	Trail	6 x 800m, 150m recovery – At the riding ring
33 Gary	Aug. 16	5:15 pm	Beaver Lake	Trail	5 x 600m/500m, 100m recovery – Near the small beach
34 Bob	Aug. 23	5:15 pm	Beaver Lake	Trail	5 x 600m/300m, 100m recovery – In the meadows
35 Gary	Aug. 30	5:15 pm	Beaver Lake	Trail	10 x 500m, 100m recovery – In the meadows
36 Bob	Sep. 6	5:15 pm	Beaver Lake	Trail	1 x Bear Hill, surges of 1K and 2K, recover on backstretch
37 Gary	Sep. 13	5:15 pm	Beaver Lake	Trail	3 x 1250m/650m, 100m recovery – Near the boathouses
38 Bob	Sep. 20	5:15 pm	Beaver Lake	Trail	4 x 1.2K, 1 minute recovery – Near the ponds
39 Gary	Sep. 27	5:15 pm	Beaver Lake	Grass	Parloff Relay (teams of three) – 30 minutes (12, 10, 8) of 200m, 2 minute recovery. ** <i>Autumn Burger & Beer – Howard Johnson Hotel</i>
40 Bob	Oct. 4	5:15 pm	Uplands Park	Trail	16 x 500m, 1 minute recovery, six circuits of a 1.2K loop
41 Gary	Oct. 11	5:15 pm	Rithet's Bog Park	Trail	2 x 3K, 3 minute recovery
42 Bob	Oct. 18	5:15 pm	McCauley Point Park NEW!	Trail	8 x 800m, 100m recovery
43 Gary	Oct. 25	5:15 pm	Henderson Park	Trail/Grass	4 x 1K, 4 x 500m alternating, 100m recovery
44 Bob	Nov. 1	5:00 pm	Epsom/Ascot	Roads	8 x 400m/540m, 1 minute recovery
45 Gary	Nov. 8	5:00 pm	Tracksell/ James Heights	Roads	10 x 200m/350m, 100m recovery
46 Bob	Nov. 15	5:00 pm	Craigmillar/ Kathleen	Roads	6 x 800m, 100m recovery – Twisty roads
47 Gary	Nov. 22	5:00 pm	High Doncaster	Roads	10 x 500m, 300m recovery – On an uphill road
48 Bob	Nov. 29	5:00 pm	Derby	Roads	3 x 4 uphill – Derby, Persimmon, Astoria, recover on Maplewood
49 Gary	Dec. 6	5:00 pm	Astoria	Roads	3 x 4 downhill – Astoria, Persimmon, Derby, recover on Maplewood
50 Bob	Dec. 13	5:00 pm	Oakcrest	Roads	12 x 500m, 100m recovery – Loop of Oakcrest
51 Gary	Dec. 20	5:00 pm	<i>Location TBA</i>	Roads	Christmas Lights Run: 10K, leisurely pace. ** <i>Winter Burger & Beer – Pub TBA. Check the website for info.</i>
52 Bob	Dec. 27	5:00 pm	Cedar Hill Golf Course	Dark Trails	3 x 250m/350m/750m, 100m recovery

NOTES:

- All training sessions start at **5:00 pm** at **Cedar Hill Rec. Centre** (Nov. – April) or **5:15 pm** at **Mount Douglas Park** (May-June), **5:15 pm** at **Wildcard Locations** (July, Oct.), **5:15 pm** at **Beaver Lake** (Aug., Sept.) every **Tuesday** night throughout the year.
 - There are different **pace groups** and workouts intermix abilities so all groups finish at the same time. Each session will feature a bonus lap for regrouping prior to the cool down run. Run Leaders are **Bob Reid** and **Gary Duncan**; they will alternate weekly.
 - Do **not** train faster than **your** normal pace; don't be dragged through an uncomfortable workout at someone else's pace when it is beyond your fitness level. It is up to each person to determine their training pace and workout pace.
 - Each training session is geared towards the upcoming Island Series race, or as a softer surface recovery run following a race. Other races where TNW's benefit training and recovery include Relays, the GoodLife Fitness Victoria Marathon, other Half Marathons, TC10K, Sun Run, PIH-hosted Thetis Lake races, GutBusters and cross country events.
- Program developed by Bob Reid, Prairie Inn Harriers Running Club, January 1, 2011. broid@islandnet.com. 250-384-1520.
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