

PRAIRIE INN HARRIERS RUNNING CLUB

TRACK TRAINING PROGRAM



Oak Bay Track – Thursday Nights, 5:00 pm

1251 Tattersall Drive, Victoria, BC, V8P 1Z2

Track Session	Thursday	Upcoming Race	Sunday
18 min. Parloff Relay, 200 (50)	Jan. 7	Prairie Inn Pioneer 8K	Jan. 10
6 x 400, 2 x 200 (200)	Jan. 14	Steveston Icebreaker 8K	Jan. 17
200, 400, 600, 800, 600, 400, 200 (200)	Jan. 21	Cobble Hill 10K	Jan. 24
4 x 1000 (400)	Jan. 28	No races this weekend	Jan. 31
16 x 200 (200)	Feb. 4	Cedar 12K	Feb. 7
6 x 800 (200)	Feb. 11	Bear Mountain Summit 3.5K	Feb. 14
6 x 400, 4 x 200 (200)	Feb. 18	Hatley Castle 8K	Feb. 21
24 min. Parloff Relay, 200 (50)	Feb. 25	World Masters Games, Kamloops	Sat. Mar. 6
10 x 400 (100)	Mar. 4	Bazan Bay 5K	Mar. 7
6 x 600, 4 x 400 (400)	Mar. 11	The Q's Green Mile	Wed. Mar. 17
10 x 600 (400)	Mar. 18	Comox Half Marathon	Mar. 21
400, 800, 1200, 800, 400 (200)	Mar. 25	Dave Reed Spring Classic 5K	Sat. Mar. 27
		Michael Dunahee 5K- Esquimalt	Mar. 28
5 x 1000 (400), 2 x 400 (200)	Apr. 1	Merville 15K	Apr. 4
20 min. Parloff Relay 200 (50)	Apr. 8	Sunshine Coast Half Marathon	Apr. 11
200, 400, 600, 800, 1200, 800, 600, 400, 200 (200)	Apr. 15	Sooke River 10K	Apr. 18
12 x 400 (100)	Apr. 22	TC10K	Apr. 25
6 x 800 (200)	Apr. 29	The Q's VTS#1 - 800, 5000	Sat. May 1
		Harriers Elk/Beaver Ultras	Sat. May 1
		Vancouver Marathon and Half	May 2
400, 600, 800, 1000, 800, 600, 400, 200 (200)	May 6	Vancouver Sun Run 10K	May 9
		Sound and Silence 10K	May 9
4 x 1 Mile (400)	May 13	Oak Bay KOOL Half Marathon	May 16
5 x 1000, 200, 200 (200)	May 20	The Q's VTS#2 - 1500, 3000	Sat. May 22
10 x 400, 5 x 200 (200)	May 27	Shawnigan Lake Triathlon	May 30
5 x 800, 4 x 400 (400)	Jun. 3	VTS#3 – 800, Mile	Sat. Jun. 5
12 x 400 (400)	Jun. 10	Edge to Edge Marathon and Half	Jun. 13
		Chemainus Twilight Shuffle 5K	Tue. Jun. 15
400, 1600, 400, 5 x 200 (200)	Jun. 17	Victoria New Balance Triathlon	Jun. 20
		Do it for Dad 8K – Royal Roads	Jun. 20
400, 200, 400, 200, 400, 200, 400, 200, 400, 200, 400, 200 (100)	Jun. 24	The Q's VTS#4 – 1500, 5000	Sat. Jun. 26
		Vancouver Scotiabank Half Mara	Jun. 27

4 x 1 Mile (400)	Jul. 1	Sidney Days 5K	Thu. Jul. 1
		Triathlon of Compassion	Jul. 4
200, 400, 600, 400, 200, 400, 600, 400, 200, 400, 200 (100)	Jul. 8	Vanc. International Triathlon	Jul. 11
30 min. Parloff Relay 200 (50)	Jul. 17	The Q's VTS#5 – Mile, 3000	Sat. Jul. 17
		CFS Freedom Run, 10K, 5K, 3K	Jul. 18
5 x 1000 (400)	Jul. 22	The Zone 91.3 Esquimalt 8K	Jul. 25
5 x 800, 5 x 400 (200)	Jul. 29	The Q's VTS#6 – 800, Mile	Sat. Jul. 31
		Self Transcendence Triathlon	Aug. 1
24 x 200 (100)	Aug. 5	The Q's VTS#7 – 1500, 3000	Sat. Aug. 7
400, 400, 800, 1600, 800, 400, 400 (400)	Aug. 12	CFB Esquimalt Navy 10K	Aug. 15
12 x 400 (200)	Aug. 19	The Q's VTS#8 - 5000	Sat. Aug. 21
3 x 1 Mile, 2 x 400, 2 x 200 (400)	Aug. 26	Ironman Canada	Aug. 29

NOTES:

1. All track sessions take place at **5:00 p.m.** at **Oak Bay Track** every **Thursday** night.
2. Distance or time for recovery walking/jogging between intervals is shown in brackets.
3. Do **not** train faster on the track than **your** normal pace; don't be dragged through an uncomfortable workout at someone else's pace when it is beyond your ability or fitness level.
4. Don't record your track interval times for the first 4 months. Start observing your lap times on May 6.
5. This Training Session takes you through the Frontrunners Island Race Series and into the new Victoria Track Series (8 races on Saturday nights). It complements the Tuesday Night Workouts.

Program developed by Bob Reid, Prairie Inn Harriers Running Club, January 1, 2010. b Reid@islandnet.com
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