



PRAIRIE INN HARRIERS RUNNING CLUB
2010 Tuesday Night Workouts
52-Week Training Schedule
For all races on Vancouver Island throughout 2010

Week	Date	Time	Location	Surface	Format
1	Jan. 5	5:00 pm	Kingsley/Aldridge	Road	10 x 500m, 100m recovery – Five circuits of Aldridge, Knight, Kingsley, North Dairy
2	Jan. 12	5:00 pm	Low Doncaster	Road	12 x 400m hill repeats, 400m trail recovery. 2 surges. Three sets of four
3	Jan. 19	5:00 pm	Finlayson/Cook	Road	6 x 800m, 100m recovery – Two circuits on Finlayson, Fifth, Linwood, Cook
4	Jan. 26	5:00 pm	King's Pond	Trail/Road	12 x 125m/200m – First on trail, second on Ascot. Three sets of four
5	Feb. 2	5:00 pm	Mt. Tolmie/UVic	Road	Over Mt. Tolmie then 1 times Ring Road with 2 x 1K hard
6	Feb. 9	5:00 pm	Topaz Park	Grass	Two 12 minute tempo runs with 250m hard, 50m recovery
7	Feb. 16	5:00 pm	Cook/Quadra	Road	12 hills – Three circuits on Hollis, Clovelly Terrace, Camrose Court, Connorton Lane
8	Feb. 23	5:00 pm	Cedar Hill School NEW!	Grass	Parloff Relay (teams of two) – 27 minutes (12, 9, 6) of 200m, 50m recovery
9	Mar. 2	5:00 pm	Lansdowne School	Grass	5 x 1K, final 200m hard, 200m recovery
10	Mar. 9	5:00 pm	Cedar Hill Golf Course	Chip Trail	3 x 1 mile on north loop, 500m recovery through middle
11	Mar. 16	5:00 pm	Topaz Park	Grass	4 x 1.2K around park perimeter, 1 minute recovery
12	Mar. 23	5:00 pm	Bridgeport Place	Road	12 hills – Three circuits on Bridgeport, McInnis, Clovelly, Duke. Three accelerations on Dartmouth
13	Mar. 30	5:00 pm	Summit Park	Grass/Trail	10 x 500m, 1 minute recovery – two sets of five
14	Apr. 6	5:00 pm	Swan Lake	Road/Trail	2K and 1K on Swan Lake Trail. 4 surges on Cook and Darwin, fastees do a surge on Galloping Goose Trail
15	Apr. 13	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	Apr. 20	5:00 pm	Darwin/Savannah	Road	12 x 400m, 50m recovery – Three circuits on Darwin, Leslie, Dunn, Easter
17	Apr. 27	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	May 4	5:15 pm	Mount Doug	Trail	14 x 200m, 100m recovery – Glendenning hill. Two sets of seven
19	May 11	5:15 pm	Mount Doug	Trail	4 x 3/4 mile, 1 minute recovery – Whittaker and Norn
20	May 18	5:15 pm	Mount Doug	Trail	6 x 500m/250m/250m, alternating fast and slow. Dave Reed memorial workout
21	May 25	5:15 pm	Mount Doug	Trail	3 x 777m/300m/550m, 1 minute recovery – Up Glendenning, down Whittaker, gently up Maddock
22	Jun. 1	5:15 pm	Mount Doug	Trail	3 x 400m/500m/500m, 1 minute recovery – Norn, Irvine, Connector, Norn
23	Jun. 8	5:15 pm	Mount Doug	Trail	3 x 450m/250m/450m, 1 minute recovery – Norn, up Harrop Hill, Whittaker
24	Jun. 15	5:15 pm	Mount Doug	Trail	3 x 200m/450m/450m/300m, 1 minute recovery – Norn, Norn, Whittaker, Whittaker
25	Jun. 22	5:15 pm	Mount Doug	Trail	4 x 400m/300m/200m, 1 minute recovery – Maddock, Mercer, Glendenning
26	Jun.29	5:15 pm	Mount Doug	Trail	12 x 400, Whittaker, Whittaker, Norn, Norn ** <i>Summer Burger & Beer – Monkey Tree</i>

27	July 6	5:15 pm	Hyacinth Park	Trail	12 x 400m, 1 minute recovery – Panama Flats
28	July 13	5:15 pm	Layritz Park NEW!	Trail	3 x 200m/300m/400m/500m, 100m recovery
29	July 20	5:15 pm	Victoria West Park NEW!	Grass	8 x 800m, 1 minute recovery
30	July 27	5:15 pm	Beckwith Park	Trail/Grass	12 x 450m, 1 minute recovery
31	Aug. 3	5:15 pm	Beaver Lake	Trail	5 x 600m/300m, 100m recovery – In the meadows
32	Aug. 10	5:15 pm	Beaver Lake	Trail	6 x 800m, 150m recovery – At the riding ring
33	Aug. 17	5:15 pm	Beaver Lake	Trail	5 x 600m/500m, 100m recovery – Near the small beach
34	Aug. 24	5:15 pm	Beaver Lake	Trail	6 x 450m/350m, 1 minute recovery – Near the shelter
35	Aug. 31	5:15 pm	Beaver Lake	Trail	10 x 500m, 100m recovery – In the meadows
36	Sep. 7	5:15 pm	Beaver Lake	Trail	1 x Bear Hill, surges of 1K and 2K, recover on backstretch
37	Sep. 14	5:15 pm	Beaver Lake	Trail	3 x 1250m/650m, 100m recovery – Near the boathouses
38	Sep. 21	5:15 pm	Beaver Lake	Trail	4 x 1.2K, 1 minute recovery – Near the ponds
39	Sep. 28	5:15 pm	Beaver Lake	Grass	Parloff Relay (teams of three) – 24 minutes (12, 10, 8) of 200m, 2 minute recovery. ** Autumn Burger & Beer – Howard Johnson Hotel
40	Oct. 5	5:15 pm	Uplands Park	Trail	10 x 500m, 1 minute recovery
41	Oct. 12	5:15 pm	Rithet's Bog Park	Trail	2 x 3K, 3 minute recovery
42	Oct. 19	5:15 pm	Clover Point NEW!	Paved Trail	12 x 400m, 1 minute recovery
43	Oct. 26	5:15 pm	Henderson Park NEW!	Grass	Parloff Relay (teams of three) – 27 minutes (12, 9, 6) of 300m, 1.5 minute recovery
44	Nov. 2	5:00 pm	Epsom/Ascot	Roads	8 x 400m/540m, 1 minute recovery
45	Nov. 9	5:00 pm	Tracksell/ James Heights	Roads	10 x 200m/350m, 100m recovery
46	Nov. 16	5:00 pm	Craigmillar/ Kathleen	Roads	6 x 800m, 100m recovery – Twisty roads
47	Nov. 23	5:00 pm	High Doncaster	Roads	10 x 500m, 300m recovery – On an uphill road
48	Nov. 30	5:00 pm	Derby	Roads	3 x 4 uphill – Derby, Persimmon, Astoria, recover on Maplewood
49	Dec. 7	5:00 pm	Astoria	Roads	3 x 4 downhill – Astoria, Persimmon, Derby, recover on Maplewood
50	Dec. 14	5:00 pm	Oakcrest	Roads	12 x 500m, 100m recovery – Loop of Oakcrest
51	Dec. 21	5:00 pm	<i>Location TBA</i>	Roads	Christmas Lights Run: 10K, leisurely pace. ** Winter Burger & Beer – Pub TBA. Check the website for info.
52	Dec. 28	5:00 pm	Cedar Hill Golf Course	Dark Trails	3 x 250m/350m/750m, 100m recovery

NOTES:

1. 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.
2. 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.
3. 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.
4. 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 Royal Victoria Marathon, other Half Marathons, PIH hosted races, GutBuster and cross country events.

Program developed by Bob Reid, Prairie Inn Harriers Running Club, January 1, 2010. breid@islandnet.com. 250-384-1520.
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