



PRAIRIE INN HARRIERS RUNNING CLUB

2012 Tuesday Night Workouts

52-Week Training Schedule

For all races on Vancouver Island throughout 2012

Week/Leader	Date	Time	Location	Surface	Format
1 Bob	Jan. 3	5:00 pm	Kingsley/Aldridge	Road	10 x 500m, 100m recovery – Five circuits of Aldridge, Knight, Kingsley, North Dairy, crossing McRae
2 Bob	Jan. 10	5:00 pm	Low Doncaster	Road	12 x 400m hill repeats, 400m trail recovery. 2 surges. Three sets of four
3 Gary	Jan. 17	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. 24	5:00 pm	Wordsworth/Browning	Road	12 x 600m, 75m recovery – Six figure-eights of Wordsworth, North Dairy, Browning, McRae, Wordsworth, Knight and Browning Park
5 Gary	Jan. 31	5:00 pm	Mt. Tolmie/UVic	Road	Over Mt. Tolmie then 1 times Ring Road with 2 x 1K hard intervals
6 Bob	Feb. 7	5:00 pm	Topaz Park	Grass	Two 14 minute tempo runs with 250m hard, 50m recovery
7 Gary	Feb. 14	5:00 pm	Cook/Quadra	Road	12 hills – Three circuits on Hollis, Clovelly Terrace, Camrose Court, Connorton Lane
8 Bob	Feb. 21	5:00 pm	Doncaster School NEW!	Grass	Parloff Relay (teams of two) – 30 minutes (12, 10, 8) of 200m, 50m recovery, two minutes recovery between sets
9 Gary	Feb. 28	5:00 pm	Lansdowne School	Grass	5 x 1K, final 200m hard, 200m recovery
10 Bob	Mar. 6	5:00 pm	Cedar Hill Golf Course	Chip Trail	3 x 1 mile on north loop, 500m recovery through middle
11 Gary	Mar. 13	5:00 pm	Topaz Park	Grass	4 x 1.2K around park perimeter, 1 minute recovery
12 Bob	Mar. 20	5:00 pm	Bridgeport Place	Road	12 hills – Three circuits on Bridgeport, McInnis, Clovelly, Duke. Three accelerations on Dartmouth
13 Gary	Mar. 27	5:00 pm	Summit Park	Grass/Trail	12 x 500m, 1 minute recovery – three sets of four
14 Bob	Apr. 3	5:00 pm	Oswald Park NEW!	Gravel Path	16 x 400m, four sets of four
15 Gary	Apr. 10	5:00 pm	Playfair Park	Paved/Grass	16 x 200m on slight uphill with 50m recovery – Eight circuits in two sets of four
16 Bob	Apr. 17	5:00 pm	Linwood/Wicklow NEW!	Road	5 x 1,200m, 100m recovery
17 Gary	Apr. 24	5:00 pm	Cedar Hill Golf Course	Chip Trail	4 x 1 mile, 2 minute recovery – Two figure eights of golf course ** Spring Burger & Beer – Maude Hunter's
18 Bob	May 1	5:15 pm	Mount Doug	Trail	14 x 200m, 100m recovery – Glendenning hill. Two sets of seven
19 Gary	May 8	5:15 pm	Mount Doug	Trail	6 x 3/4 mile, 1 minute recovery – Whittaker and Norn
20 Bob	May 15	5:15 pm	Mount Doug	Trail	6 x 500m/250m/250m, alternating fast and slow. Dave Reed memorial workout
21 Gary	May 22	5:15 pm	Mount Doug	Trail	3 x 810m/310m/430m, 1 minute recovery – Up Glendenning, down Whittaker, gently up Maddock
22 Bob	May 29	5:15 pm	Mount Doug	Trail	3 x 400m/500m/500m, 1 minute recovery – Norn, Irvine, Connector, Norn
23 Gary	Jun. 5	5:15 pm	Mount Doug	Trail	3 x 450m/250m/450m, 1 minute recovery – Norn, up Harrop Hill, Whittaker
24 Bob	Jun. 12	5:15 pm	Mount Doug	Trail	3 x 200m/450m/450m/300m, 1 minute recovery – Norn, Norn, Whittaker, Whittaker
25 Gary	Jun. 19	5:15 pm	Mount Doug	Trail	4 x 400m/300m/200m, 1 minute recovery – Maddock, Mercer, Glendenning

26 Bob	Jun.26	5:15 pm	Mount Doug	Trail	12 x 400, Whittaker, Whittaker, Norn, Norn ** Summer Burger & Beer – Monkey Tree
27 Bob	July 3	5:15 pm	Hyacinth Park	Trail	12 x 400m, 1 minute recovery – Panama Hill Park
28 Bob	July 10	5:15 pm	Silver City Theatres NEW!	Chips/Paved	6 x 500/400, 1 minute recovery – Cuthbert Holmes Park
29 Bob	July 17	5:15 pm	Esquimalt High Track NEW!	Paved	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 24	5:15 pm	Beckwith Park	Trail/Grass	12 x 450m, 1 minute recovery
31 Bob	July 31	5:15 pm	Beaver Lake	Trail	6 x 450m/350m, bananas, 1 minute recovery – Near the shelter
32 Bob	Aug. 7	5:15 pm	Beaver Lake	Trail	6 x 800m, 150m recovery – At the riding ring
33 Gary	Aug. 14	5:15 pm	Beaver Lake	Trail	5 x 600m/500m, 100m recovery – Near the small beach
34 Bob	Aug. 21	5:15 pm	Beaver Lake	Trail	5 x 600m/300m, 100m recovery – In the meadows
35 Gary	Aug. 28	5:15 pm	Beaver Lake	Trail	10 x 500m, 100m recovery – In the meadows
36 Bob	Sep. 4	5:15 pm	Beaver Lake	Trail	1 x Bear Hill, surges of 1K and 2K, recover on backstretch
37 Gary	Sep. 11	5:15 pm	Beaver Lake	Trail	3 x 1250m/650m, 100m recovery – Near the boathouses
38 Bob	Sep. 18	5:15 pm	Beaver Lake	Trail	4 x 1.2K, 1 minute recovery – Near the ponds
39 Gary	Sep. 25	5:15 pm	Beaver Lake	Grass	Parloff Relay (teams of three) – 30 minutes (12, 10, 8) of 200m, 2 minute recovery. ** Autumn Burger & Beer – Howard Johnson Hotel
40 Bob	Oct. 2	5:15 pm	Uplands Park	Trail	10 x 500m, 1 minute recovery, five circuits of a 1.2K loop
41 Gary	Oct. 9	5:15 pm	Rithet's Bog Park	Trail	2 x 3K, 3 minute recovery
42 Bob	Oct. 16	5:15 pm	Esquimalt Gorge Park NEW!	Paved/Gravel	8 x 800m, 100m recovery
43 Gary	Oct. 23	5:15 pm	Henderson Park	Trail/Grass	4 x 1K, 4 x 500m alternating, 100m recovery
44 Bob	Oct. 30	5:00 pm	Epsom/Ascot	Roads	8 x 400m/540m, 1 minute recovery
45 Gary	Nov. 6	5:00 pm	Tracksell/James Heights	Roads	10 x 200m/350m, 100m recovery
46 Bob	Nov. 13	5:00 pm	Kathleen/Craigmillar	Roads	6 x 800m, 100m recovery – Twisty roads
47 Gary	Nov. 20	5:00 pm	High Doncaster	Roads	10 x 500m, 300m recovery – On an uphill road
48 Bob	Nov. 27	5:00 pm	Derby	Roads	3 x 4 uphill – Derby, Persimmon, Astoria, recover on Maplewood
49 Gary	Dec. 5	5:00 pm	Astoria	Roads	3 x 4 downhill – Astoria, Persimmon, Derby, recover on Maplewood
50 Bob	Dec. 11	5:00 pm	Oakcrest	Roads	12 x 500m, 100m recovery – Loop of Oakcrest
51 Gary	Dec. 18	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. 25	5:00 pm	No workout, enjoy your family		Merry Christmas!

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, 2012. breid@islandnet.com. 250-384-1520.

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