



# PRAIRIE INN HARRIERS RUNNING CLUB

## 2014 Tuesday Night Workouts

### 52-Week Training Schedule

For all races on Vancouver Island throughout 2014

Week/Leader	Date	Meet 5:15p	Work Out	Surface	Format
1 Gary	Jan. 7	RECREATION CENTRE	Aldridge/Kingsley	Road	10 x 500m, 100m recovery – Five circuits of Aldridge, Knight, Kingsley, North Dairy, crossing McRae 10 times, be careful!
2 Bob	Jan. 14		Low Doncaster	Road	12 x 400m hill repeats, 400m trail recovery and two 50 metre surges. Three sets of four repeats, sharp turn on Bromley
3 Gary	Jan. 21		King's Pond	Trail/Road	12 x 125m and 250m – First on trail, second on Ascot. Three sets of four, accelerating three times over the 250m segment
4 Bob	Jan. 28		Wordsworth/Browning	Road	12 x 600m, 75m recovery – Six figure-eights of Wordsworth, North Dairy, Browning, McRae, Wordsworth, Knight and Browning Park
5 Gary	Feb. 4		Cook/Quadra	Road	12 hills – Three repeats of Hollis, Clovelly Terrace, Camrose Court, Connorton Lane. Recovery on roads between four hills.
6 Bob	Feb. 11		Topaz Park	Grass	Two 15 minute tempo runs with 250m hard, 50m recovery
7 Gary	Feb. 18		Mt. Tolmie and UVic	Road	Over Mt. Tolmie then 2 times Ring Road with 3 x 1K hard intervals and return back over Mt. Tolmie
8 Bob	Feb. 25		Doncaster School <b>NEW!</b>	Grass	<b>Parloff Relay</b> (teams of two) – 30 minutes (12, 10, 8) of 200m, 50m recovery, two minutes recovery between sets
9 Gary	Mar. 4		Lansdowne School	Grass	5 x 1K, final 200m hard, 200m recovery
10 Bob	Mar. 11		Cedar Hill Golf Course	Chip Trail	4 x 1 mile on north loop, 500m recovery through middle
11 Gary	Mar. 18		Bridgeport Place	Road	12 hills – Three circuits of Bridgeport, McInnis, Clovelly, Duke with three accelerations on Dartmouth
12 Bob	Mar. 25		Oak Bay Track – Test Mile Time Trial		Rubberized Track
13 Gary	Apr. 1	CEDAR HILL	Summit Park	Grass/Trail	12 x 500m, 1 minute recovery – three sets of four
14 Bob	Apr. 8		Savannah/Lovat/Cloverdale	Road	8 x 680m, 75m uphill recovery, counter-clockwise, two sets of four
15 Gary	Apr. 15		Playfair Park	Paved/Grass	24 x 200m in 3 sets of 8 on slight uphill with 50m recovery
16 Bob	Apr. 22		Townley/Queenston/Taylor <b>NEW!</b>	Road	Two sets of 3 x 1K, 100m recovery between K's, 500m recovery between sets, counter-clockwise
17 Gary	Apr. 29		Cedar Hill Golf Course	Chip Trail	4 x 1 mile, 2 minute recovery – Two figure eights of golf course <b>** Spring Burger &amp; Beer Session – Location TBD</b>
18 Bob	May 6	MOUNT DOUG (lower beach) parking lot	Glendenning	Trail	21 x 200m, 100m recovery – Glendenning hill. Three sets of seven
19 Gary	May 13		Long North	Trail	6 x 3/4 mile, 1 minute recovery – Long north Whittaker and Norn
20 Bob	May 20		Dave Reed Triangles	Trail	6 x 500m/250m/250m, alternating fast and slow triangles. Dave Reed memorial workout
21 Gary	May 27		South N-up	Trail	4 x 400m/700m/400m, 1 minute recovery – Up Maddock, Mercer/connector/Glendenning, down Whittaker
22 Bob	Jun. 3		Irvine	Trail	3 x 400m/500m/500m, 1 minute recovery – Norn, Irvine, Connector, Norn
23 Gary	Jun. 10		Harrop Hill	Trail	3 x 350m/250m/400m, 1 minute recovery – Norn, up Harrop Hill, Whittaker
24 Bob	Jun. 17		Cross Churchill	Trail	3 x 200m/450m/450m/300m, 1 minute recovery – Norn, Norn, Whittaker, Whittaker
25 Gary	Jun. 24		Big Arrow	Trail	4 x 400m/300m/200m, 1 minute recovery – Maddock, Mercer, Glendenning
26 Bob	July 1		Mount Doug	Trail	12 x 400m, Whittaker, Whittaker, Norn, Norn <b>** Summer Burger &amp; Beer Session – Location TBD</b>

27 Gary	July 8	Summer <b>WILD CARD</b>	Silver City Theatres	Trail	6 x 700/350m, 1 minute recovery – Cuthbert Holmes Park
28 Bob	July 15		Prior Lake <b>NEW!</b>	Trail	Jog to Panhandle Trail. 8 x 800m, 100m recovery. Swim following. Allow more driving/cycling time to get through the Colwood Crawl
29 Gary	July 22		Henderson Park	Trail/Grass	5 x 750m//500m alternating, 50m recovery
30 Bob	July 29		McKenzie Lake <b>NEW!</b>	Trail	Jog to Westoby gate. 3 triangles of 800/800/600m, 50m recovery. Swim following. Allow more driving/cycling time – Colwood Crawl
31 Gary	Aug. 5	BEAVER LAKE lower (gravel) parking lot	Bananas	Trail	6 x 450m/350m, bananas, 1 minute recovery – Near the shelter
32 Bob	Aug. 12		East Bridges	Trail	5 x 775m/515m, pink/blue, 100m recovery – Near the small beach
33 Gary	Aug. 19		West Double D	Trail	4 x 750/830m, 150m recovery – At the riding ring
34 Bob	Aug. 26		East Meadows / Lakeshore	Trail	4 x 800m/600m, 100m recovery – In the meadows & lakeshore trail
35 Gary	Sep. 2		West Meadow / Lakeshore	Trail	12 x 500m, 100m recovery – In the meadows
36 Bob	Sep. 9		Long Boathouse	Trail	3 x 1250m/650m, 100m recovery – Near the boathouses
37 Gary	Sep. 16		Bear Hill	Trail	1 x Bear Hill, surges of 1K and 2K, recover on backstretch
38 Bob	Sep. 23		West Loop	Trail	5 x 1.2K, 1 minute recovery – Near the ponds
39 Gary	Sep. 30		Dog Training area	Grass	<b>Parloff Relay</b> (teams of three) – 30 minutes (12, 10, 8) of 200m, 2 minute recovery. <b>** Autumn Burger &amp; Beer Session – Location TBD</b>
40 Bob	Oct. 7		Fall <b>WILD CARD</b>	Uplands Park	Trail
41 Gary	Oct. 14	Rithet's Bog Park		Trail	2 x 3K, 3 minute recovery
42 Bob	Oct. 21	Esquimalt Gorge Park		Paved/ Gravel	5 x 800/500m, 50m recovery
43 Gary	Oct. 28	Beckwith Park		Trail/Grass	12 x 450m alternating, 1 minute recovery
44 Bob	Nov. 4	CEDAR HILL REC CTR	Epsom/Ascot	Road	4 x 400m/540m, 1 minute recovery, Duncan Pumpkin Run
45 Gary	Nov. 11		Tracksell/ James Heights	Road	10 x 200m/350m, 100m recovery. Optional workout as Thetis Lake Relay is earlier at 1:00 pm today
46 Bob	Nov. 18		Derby	Road	12 x 500m in 3 sets of 4, uphill – Derby, Persimmon, Astoria, 50 m recovery on Maplewood
47 Gary	Nov. 25		High Doncaster	Road	12 x 500m in 3 sets of 4, 300m recovery – On an uphill road
48 Bob	Dec. 2		Kathleen/ Craigmillar	Road	6 x 800m, 100m recovery – Twisty roads
49 Gary	Dec. 9		Astoria	Road	12 x 500m in 3 sets of 4, downhill – Astoria, Persimmon, Derby, 50m recovery on Maplewood
50 Bob	Dec. 16		Oakcrest	Road	12 x 500m, 100m recovery – Loop of Oakcrest
51 Gary	Dec. 23	Location TBD		Road	Christmas Lights Run: 10K to 12K, leisurely pace. <b>** Winter Burger &amp; Beer – Pub TBD. Check the website for info.</b>
52 Bob	Dec. 30	CH RC	Dark Trails of CHGC	Trail	10 x 500m, 50m recovery, bring your lights!

#### NOTES:

- All training sessions start at **5:15 pm** at **Cedar Hill Rec. Centre** (Nov. – April) and **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, Harriers Magical Mile and cross country events.
- Program developed by **Bob Reid**, Prairie Inn Harriers, [bobreid04@gmail.com](mailto:bobreid04@gmail.com). 250-384-1520. Maps and reports provided by **Gary Duncan** [gary.duncan@telus.net](mailto:gary.duncan@telus.net) 250-721-2912. Please do not copy or distribute this schedule without permission. **January 1, 2014.**