



**PRAIRIE INN HARRIERS RUNNING CLUB**  
**2015 Tuesday Night Workouts**  
**52-Week Training Schedule**  
 For all races on Vancouver Island throughout 2015

Week / Leader	Date	Meet 5:15p	Work Out	Surface	Format
1 Gary	Jan. 6	<b>CEDAR HILL RECREATION CENTRE</b>	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. 13		Low Doncaster	Road / Trail	12 x 400m incline, 275m dark path recovery, 85m sprint, 85m recovery – three sets of four, 400m road recovery between sets
3 Gary	Jan. 20		King's Pond	Trail / Road	12 x 125m/250m – first on trail, second on Ascot accelerating three times, equal jog recoveries – three sets of four, walk/jog recovery between sets
4 Bob	Jan. 27		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. 3		Cook @ Quadra 12 Monarch Hills	Road	Three <b>Monarch of the Hill</b> repeats of Hollis, then in turn of Clovelly Terrace, Camrose Court, and Connorton Lane. Longer recovery on roads between.
6 Bob	Feb. 10		Savannah / Lovat	Road	8 x 680m, 75m uphill recovery, counter-clockwise – two sets of four, reverse 680m recovery between sets <span style="color: red;">[New Week]</span>
7 Gary	Feb. 17		Mt. Tolmie and UVic Ring Road	Road	Over Mt. Tolmie then 2 times Ring Road with 3 x 1K hard intervals and return back over Mt. Tolmie <span style="color: red;">with optional extra/extended climb of Glastonbury</span>
8 Bob	Feb. 24		Doncaster School	Grass	<b>Parloff Relay</b> (teams of two) – 30 minutes (12, 10, 8) of 200m, 50m recovery – two minute recovery between sets
9 Gary	Mar. 3		Cedar Hill Golf Course Figure 8's	Chip Trail	4 x 1800m, 2 minute recovery – two figure eights of golf course <span style="color: red;">[New Week]</span>
10 Bob	Mar. 10		Townley / Queenston /Taylor	Road	6 x 1K, 100m recovery – two sets of three, 500m recovery between sets <span style="color: red;">[New Week]</span>
11 Gary	Mar. 17		Bridgeport Place 12 Hills Tour	Road	Three circuits with interval climbs on Bridgeport, McInnis, Clovelly, and Duke and an acceleration on Dartmouth
12 Bob	Mar. 24		Browning / Wordsworth <b>NEW!</b>	Road	12 x 600m, 100m recovery <span style="color: red;">[New Workout]</span>
13 Gary	Mar. 31		Summit Park	Grass / Trail	12 x 500m, 1 minute walk recovery – three sets of four, 2 minute walk/jog recovery between sets
14 Bob	Apr. 7		Topaz Park Diagonals	Grass	Two 15 minute tempo runs with 250m hard, 50m recovery - 2 minutes recovery between sets <span style="color: red;">[New Week]</span>
15 Gary	Apr. 14		Playfair Park	Grass / Paved	12 x 200m/200m on slight uphill with 50m/125m walk/jog recoveries – three sets of four, 300m walk/jog recovery between sets
16 Bob	Apr. 21		Cedar Hill Golf Course Uppers	Chip Trail	4 x 1 mile on north loop, 500m recovery through middle
17 Gary	Apr. 28		Lansdowne School Pentagons	Grass	5 x 1K, final 200m hard, 200m recovery <span style="color: red;">[New Week]</span> ** Summer Burger & Beer Session – Location TBD
18 Bob	May 5	<b>MOUNT DOUG</b> lower (beach) parking lot	Glendenning 200's	Trail	21 x 200m increasing inclines, 100m recovery – three sets of seven, 800m jog recovery between sets
19 Gary	May 12		Long North	Trail	6 x 3/4 mile, 1 minute recovery – Whittaker and Norn
20 Bob	May 19		Dave Reed Triangles	Trail	6 x 500m/250m/250m, alternating fast and slow – Mercer, Connector, Glendenning. Dave Reed memorial workout
21 Gary	May 26		South N-up	Trail	4 x 400m/700m/400m, 1 minute recovery (or some High Mercer, Firepit loop) – Up Maddock, N-up Mercer / Connector / Glendenning, down Whittaker
22 Bob	Jun. 2		Norn Steeplechase	Trail	4 x 400m/500m/500m, 1 minute recovery – Norn/Irvine, Norn/Whittaker, Whittaker/Norn
23 Gary	Jun. 9		Harrop Hill	Trail	3 x 450m/250m/450m, 1 minute recovery – Norn, <b>up</b> Harrop Hill, Whittaker
24 Bob	Jun. 16		Cross Churchill	Trail	3 x 450m/400m/1050m/950m, 1 minute recovery – Norn, Norn, Whittaker, Whittaker
25 Gary	Jun. 23		North Resort	Trail	4 x 400m/600m/300m, 1 minute recovery – Resort & Merriman or Fence <span style="color: red;">Optional workout as 7pm Twilight Shuffle 5K at UVic</span>
26 Bob	Jun. 30		Mount Doug	Trail	12 x 400, Whittaker, Whittaker, Norn, Norn ** Summer Burger & Beer Session – Location TBD

27 Gary	July 7	Summer <b>WILD CARD</b>	Silver City Theatres	Trail	6 x 700/350m, 1 minute recovery – Cuthbert Holmes Park
28 Bob	July 14		Prior Lake	Trail	Jog to Panhandle Trail. 8 x 800, 100m recovery. Swim following. Allow more driving/cycling time to get through the Colwood Crawl
29 Gary	July 21		Henderson Park	Trail / Grass	4 x 1,000/500m alternating, 50m recovery
30 Bob	July 28		McKenzie Lake	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. 4	BEAVER LAKE lower (gravel) parking lot	Bananas	Trail	3 x 450m/450m/350m/350m, 1 minute recovery – Near the shelter
32 Bob	Aug. 11		East Bridges	Trail	5 x 775m/515m, pink/blue, 100m recovery – Near the small beach
33 Gary	Aug. 18		West Double D	Trail	4 x 750m/830m, 150m recovery – Near the riding ring
34 Bob	Aug. 25		East Meadows / Lakeshore	Trail	4 x 800m/600m, 100m recovery – In the meadows & lakeshore trail
35 Gary	Sep. 1		West Meadows / Lakeshore	Trail	6 x 500m/500m, 100m recovery – Between the shelter and riding ring
36 Bob	Sep. 8		Long Boathouse	Trail	3 x 1250m/650m, 100m recovery – Towards the boathouses
37 Gary	Sep. 1		Bear Hill	Trail	2 x 1K surges outbound on backstretch, 1+K climb up Bear Hill, 1K and 2K surges inbound, jog between
38 Bob	Sep. 22		West Loop	Trail	5 x 1.2K, 1 minute recovery – Near the ponds
39 Gary	Sep. 29		Dog Training Field	Grass	<b>Parloff Relay</b> (teams of three) – 30 minutes (12, 10, 8) of 200m, 2 minute recovery between sets <b>** Autumn Burger &amp; Beer Session – Location TBD</b>
40 Bob	Oct. 6	Fall <b>WILD CARD</b>	Uplands Park	Trail	5 x 500m/500m, 1 minute recoveries, five circuits of a 1.2K loop
41 Gary	Oct. 13		Rithet's Bog Park	Trail	2 x 3K, 3 minute recovery
42 Bob	Oct. 20		Esquimalt Gorge Park	Paved / Gravel	5 x 800m/500m, 50m recovery
43 Gary	Oct. 27		Beckwith Park	Grass / Trail	6 x 500m/500m alternating, 150m walk/jog recoveries
44 Bob	Nov. 3	CEDAR HILL REC CTR	Epsom / Ascot	Roads	4 x 400m/540m, 1 minute recovery, Duncan Pumpkin Run
45 Gary	Nov. 10		Tracksell / James Heights	Roads	5 x 200m/350m/350m/200m, 100m jog / 50m walk recoveries
46 Bob	Nov. 17		Derby	Roads	12 x 500m Derby, up Persimmon, Astoria, 100m recovery by Maplewood – 3 sets of 4, 300m jog recovery via Willerton between sets
47 Gary	Nov. 24		High Doncaster	Roads	12 x 500m Derby, up Doncaster, Glacier, 300m recovery via Diana – 3 sets of 4, 500m reverse jog recovery between sets
48 Bob	Dec. 1		Kathleen / Craigmillar	Roads	6 x 800m Kathleen, down Rock, Craigmillar, 100m recovery up Tattersall sidewalk – Twisty roads
49 Gary	Dec. 8		Astoria	Roads	12 x 500m Astoria, down Persimmon, Derby, 100m recovery by Maplewood – 3 sets of 4, 300m jog recovery via Willerton between sets
50 Bob	Dec. 15		Oakcrest	Roads	12 x 500m, 100m recovery – 3 sets of 4, 500m reverse jog recovery between sets
51 Gary	Dec. 22		Location TBD		Roads
52 Bob	Dec. 29	CH RC	Dark Trails of CHGC	Trails	9 x 600m, 75m 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 his or her 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@pih.bc.ca](mailto:gary@pih.bc.ca) 250-721-2912. Please do not copy or distribute this schedule without permission. **January 1, 2015.**

Jan 11, 2015