

### XSNRG Workouts 2024

Date	Location	Workout	Distance
January 2, 2024	Vaughan Estates	4 x 2 loops (1.5' RI)	710 m per loop
January 9, 2024	Rykert Cres	4 x 5' (2'RI) easy jog for recovery	535m per loop
January 16, 2024	Sunnydene Cres.	6 x 2 loops (1.5'RI)	420m per loop
January 23, 2024	Sunnybrook Lower Flats	5 x 4' (2'RI) easy jog for recovery	
January 30, 2024	Rykert Cres	4 x (1 loop, 2 loops) (2'RI)	535m per loop
February 6, 2024	Blyth Hill Loop	5 x 2 loops (2'RI)	590m per loop
February 13, 2024	Mallory Cres	1 x 5' (2'RI), 5 x 2' (1'RI), 1 x 5' easy jog for recovery	520m per loop
February 20, 2024	Sunnydene Cres	Ladder, 1,2,3,3,2,1 loops (2'RI)	420m per loop
February 27, 2024	Rykert Cres	4 x 5' (2'RI)	435m per loop
March 5, 2024	P's Hanna	8 x letter P (1.5'RI)	790m per loop
March 12, 2024	Mallory Cres	5 x 2 loops (2'RI)	520m per loop
March 19, 2024	Vaughan Estates	8 x 1 loop (1.5RI)	710m per loop
March 26, 2024	Rykert Cres	7 x 3' (1.5'RI) jog back to start	420m per loop
April 2, 2024	Stratheden	8 x 3/4 loop (1/4 loop for recovery)	710m per loop
April 9, 2024	Sunnybrook Lower Flats	1 x 5' (2'RI), 5 x 2' (1'RI), 1 x 5' Optional 5km timed	
April 16, 2024	Vaughan Estates	7 x 3' (1.5' RI)	710 m per loop
April 23, 2024	Rykert Cres	5 x 2 loops (2'RI)	435m per loop
April 30, 2024	Hospital Hill (start at top) <b>NOTE: Move back to Sunnybrook Park this week</b>	10 x 1 loop (1' RI)	660m each way
May 7, 2024	Cricket Pitch	1 x 5' (2'RI), 5 x 2' (1'RI), 1 x 5'	
May 14, 2024	Glenorchy Long Course	4 x full loop (2'RI)	1.85km per loop
May 21, 2024	Rykert Cres	Ladder; 1,2,3,4,4,3,2,1min Rest is half the run interval	
May 28, 2024	Hospital Hill	7 x (hard up, easy down)	660m each way
June 4, 2024	Wanless Park	20 x 1' (30"RI)	
June 11, 2024	Serena Gundy Hill	7 x 1 loop (hard up, easy down)	
June 18, 2024	Cricket Pitch	10 x 2' (1'RI)	
June 25, 2024	Glenorchy Short Loop	6 loops (2'RI)	1.04km per loop
July 2, 2024	Rykert Cres	10 x 1 loop	420m per loop
July 9, 2024	Hospital Hill	6 x hill, plus parking lot until stop sign,easy down	
July 16, 2024	Cricket Pitch	10 x 2' (1'RI)	
July 23, 2024	Suncrest Hill	6 x (Hard up, easy down)	720m one way
July 30, 2024	Sunnbrook Upper Flats	20 x 1' (30"RI)	
August 6, 2024	Double Trouble	3 x Hospital Hill, 3 x Lyndhurst Recovery on flat between hills	
August 13, 2024	Cricket Pitch	1 x 5' (2'RI), 5 x 2'(1'RI),1 x 5'	
August 20, 2024	Glenorchy Short Loop	6 x 1 loop (2'RI)	1.04km per loop

Date	Location	Workout	Distance
August 27, 2024	Rykert Cres	4 x (1 loop, 2 loops (2'RI))	535m per loop
September 3, 2024	Hospital Hill	7 x (hard up, easy down)	660m each way
September 10, 2024	Cricket Pitch	10 x 2' (1'RI)	
September 17, 2024	Suncrest Hill	6 x (Hard up and down) 1.5' RI each way	700m each way
September 24, 2024	Sunnybrook Lower Flats	1 x 5' (2'RI), 5 x 2' (1'RI), 1 x 5'	optional 5km timed
October 1, 2024	Mallory Cres <b>NOTE: Move back to School this week</b>	10 x 1 loop (1'RI)	520m per loop
October 8, 2024	Blyth Hill	10 x 1 loop (1'RI)	
October 15, 2024	Rykert Cres	6 x 2 loops (1.5'RI)	535m per loop
October 22, 2024	Stratheden	8 x 1 loop(1.5'RI)	710m per loop
October 29, 2024	Sunnybrook Lower Flats	5 x 4' (2'RI)	
November 5, 2024	Hanna Loops	2 x (1,1.5,1 loop (2'RI))	1.04km per loop
November 12, 2024	Belsize Loop	7 x 3' (1.5' RI) easy jog for recovery	
November 19, 2024	Mallory Cres	5 x 2 loops (2'RI)	520m per loop
November 26, 2024	Sunnydene Cres	Ladder; 1,2,3,3,2,1 loop. (2'RI)	420m per loop
December 3, 2024	Rykert Cres	7 x 3' (1.5'RI) jog back to start	535m per loop
December 10, 2024	P's at Hanna	8 x letter P (1.5'RI)	790m per loop
December 17, 2024	Wondering workout Bring your bells and Santa wear	Easy workout at 3 different locations	
December 24, 2024	Rykert Cres	10 x 1 loop (1' RI)	535m per loop
December 31, 2024	Figure 8's Hanna	4 x 1.5 loops (2'RI)	1.04km per loop