

Running Intervals – Winter 2010

Start date: January 12/09

Program Week	Date	Meeting Location	Type	Objectives
1	Jan 12	Brennan Park (Aquatic Ctr entrance)	Long Intervals	Strength. Pacing. Zone 3
2	Jan 19	Quest University Rec Centre	Hill Circuit	Strength. Hills pacing. Zone 3
3	Jan 26	Plateau and Westway (Valleycliff)	Timed Race Pace Intervals	Speed introduction. Zone 3 / 4
4	Feb 2	Eagle Run Coffee	Long Intervals	Tempo. Zone 3
5	Feb 9	Top of Perth	Hills	Strength Zones 3 / 4
6	Feb 16	Garibaldi Springs	Tempo and Ladder	Speed & pacing Zones 3 / 4
7	Feb 23	TBA (Jen Segger Workout)	TBA	TBA
8	Mar 2	TBA (Jen Segger Workout)	TBA	TBA
9	Mar 9	Top of Perth	Hills	Strength Zones 3 / 4
Daylight Savings Time Begins March 14				
10	Mar 16	Plateau and Westway (Valleycliff)	Long Intervals	Speed & pacing Zones 3 / 4
11	Mar 23	TBA (Jen Segger Workout)	TBA	TBA
12	Mar 30	3 rd Annual No Foolin' 5km Run (Garibaldi Springs)	Time Trial	Go fast, drink beer afterwards
13	Apr 6	TBA (Jen Segger Workout)	TBA	TBA
14	Apr 13	TBA	TBA	TBA
15	Apr 20	TBA	TBA	TBA