

Ottawa Run Club at Dovercourt- Workout Locations / Format

Tuesday evenings at 6:00 pm; meet at Intersection listed

Date	Location	Workout	Loop length	Meet Intersection
February 4, 2025	Manitou/BIFriars/PrinceCh/Neepaw	4 or 5 x 1 loop (2 min rest)	1.1 km	Sherbourne/ Manitou
11 February-25	Westminster/Keenan/Windermere	2 x 2 loops (2' RI), 4 x 1 loop (1.5')	580 m	Keenan and Windermere
18 February-25	Honeywell/Knightsbridge	5 x 4' (2' RI)	1.02km	Sherbourne/ Knightsbridge
25 February-25	Sharon/Kileen/Castlewood	1x 5'(2'RI); 5x 2'(1.5'RI); 1x5'	760m/loop	Sharon/ Killeen Ave
2025-March-4	Allison Ave-Harcourt Ave. loop	7 or 8 x 1 loop (1.5 min rest)	760 m	Byron/ Allison Ave.
2025-March-11	Belford, Bevan+Dawson	5 x 1 big or med. loop (1.5' RI)	910m	Bevan/Byron Ave.
2025-March-18	PrnceChrls/Neepawa/Lockart/Saville loop	4 or 5 x 2 loops (2' RI)	650 m/loop	SavilleRow/Prince Charles
2025-March-25	Athalone/ Evered	4 or 5 x 1 loop (1.5'RI for first 2, then 2'RI)	1 km	Clare St/Evered
01-Apr-25	Edgecliffe	4 or 5 or 6 hills; continuous- easy down	-	at LePage/Cavan St
08-Apr-25	Bel-Air Drive NCC footpath	6 or 7 x 3' run (2' RI);	-	Garfield/Maitland-west side
15-Apr-25	Denbury/Crossfield/Fraser/Byron	7 or 8 x 'U'loop (1.5min. Rest Interval)	630 m	Byron and Denbury
22-Apr-25	NotreDame-track	4x200(45"RI);2x400(1');2x800(2'RI); 2x400(1'), 4x200(45")		on track
29-Apr-25	Manitou/BIFriars/PrinceCh/Neepaw	4 x 5' (2'RI)	1.13 km	Sherbourne/Manitou Dr
06-May-25	River Pkwy (at Dominion Station)	1 x 5' (2'RI); 7 x 2' (1.5'RI)	-	at Dominion Station
13-May-25	Ferndale, Beechgrove, Selby -Figure 8	4 or 5 x a figure 8 loop (2' RI)	1.33 km/loop	Churchill N and Selby
22-May-25	NotreDame-track	100easy/300hard/200e/400h x 4 or 5 (1.5'RI)	-	on track
29 May-25	Compton-Byron to Flower	4 to 7 x to hill top with ActRec on down (long straights)	480 m	Compton at Byron
3 June 2025	Hampton Park	5 x 2min (1.5' Rest); 2 x 5 minutes (2 min rest)	-	in pkg lot; E. of Sebring Ave
10 June 2025	Bramaer Park (near Garfield) hill	3 x long hill run; 2 x short hill (down=RI)	500short;800	Garfield/Maitland-E side
17 June 2025	Nepean HS or Broadview soccer field	2 loops of field/ 10 x 1loop (situp/pushup)/ 2x 2 loops (1.5'RI)	-	on Nepean HS field
24 June 2025	Carlington Park hill climb	8 or 9 x walk/jog up (walk down)	150 m	JA Delude Arena pkg lot
01-Jul-25	<i>NO WORKOUT</i>	<i>NO WORKOUT</i>	-	<i>NO WORKOUT</i>
08-Jul-25	Woodroffe Park	6 or 7 x 3' run (2'RI)	-	Knightsbridge/Lockhart
15-Jul-25	Hillcrest (north loop)	8 or 9 x one loop (1.5min. RI)	600 m	Hillcrest/Princeton
22-Jul-25	Wembley/Lauder	1 loop (1.5'RI), 2x 1.5loop (2'RI), 2x 1 loop (1.5'RI)	790 m	Webley/Windermere
29-Jul-25	Westwood Park (on Saville Row)	4 min run x 5 (with 2 min rest)	-	SavilleRow/Sherbourne
5 Aug. 2025	McKellar Park	10 x 2' (1.5'RI) -with situps/pushups/plank	-	Crossfield/Windermere
12 Aug. 2025	NotreDame-track	Yasso 800s (jog rest= run time) x 4 or 5 or 6	800 m	on track
19 Aug. 2025	Lockhart N./Aylen/Saunders	13 min run (0.5loop hard/0.5loop easy) x 2 (3 min RI)	-	Saunders/Lockhart Ave N
26 Aug. 2025	Rex/Dennison	5 x 2min (1.5' Rest); 2 x 5 minutes (2 min rest)	-	meet at Dulux Paint store
02-Sep-25	Rowanwood Loop	4.5 or 5 x 1 loop (2'RI)	1.04 km	Rowanwood/ Keenan
09-Sep-25	NotreDame track	1x 1600(RI=2min);2 x 800 (2RI); 3x400 (1.5RI) -if keen, 4x 200 (1.5min),		on track

Legend: ' = Minutes
RI= rest interval