

Dovercourt -Ottawa Run Club

The Ottawa Running Club

- Dovercourt Recreation Centre- Workout Locations / Format

meeting on Tuesday evenings at 6:00pm (at the workout location)

Date	Location	Workout	Length	Meet Intersection
26 Aug. 2025	Rex/Denison	5 x 2min (1.5' rest); 2 x 5 min run (2 min rest)	-	meet at Dulux Paint store
2 Sept '25	Rowanwood Loop	4.5 or 5x 1loop (2.min rest)	440 or 750 m length	Garfield ave/Maitland
9 Sept '25	NotreDame track	1x 1600(RI=2min);2 x 800 (2RI); 3x400 (1.5RI) -if keen, 4x 200 (1.5min),		at track
16 Sept '25	Doverct/Knightsbridge/Sherbourne/BIFriars	Ladder 1', 2', 3', 4'-4',3',2',1' (RI= half run time)	-	Sherbourne/Knightsbridge
23 Sept '25	Belford, Bevan+Dawson	6 x 1 loop (2' RI)	600 or 900m	Bevan/Wesley Ave
30-Sep-25	NotreDame track	3 or 4 x 1600m (2.5min rest between each)	keep constant pace	@track
07-Oct-25	Compton/Ancaster/Flower	5 or 6 x 1 loop (1.5'RI) hill	860 m	Byron/ Compton
14-Oct-25	Westminster/Keenan/Windermere	2x1loop (1.5' RI), 2 x 2loop (2'RI), 1 x 1 loop	580	Keenan/Windermere
21-Oct-25	Honeywell/Knightsbridge	6 x 3min run (1.5' RI with one 2' in middle)	1.02km	Sherbourne/Knightsbridge
28-Oct-25	Sharon/Kileen/Castlewood	1x 5'(2'RI);5x 2'(1.5'RI);1x5'	-	Lenester/Kileen
4 Nov. 2025	Lockhart N./ Aylen/ Saunders	2 x 13min run continuous; 0.5loop hard/0.5loop easy (2.5' rest)	730 m	Saunders/Lockhart Ave N
11 Nov. 2025	Wembley / Lauder	2 x [1 loop (1.5'RI), 2 loops(2'RI)]+ 1 loop finish	720	Windermere/Wembley
18 Nov. 2025	Athalone/ Evered	5 x 1 loop (1.5 to 2' RI)	1.01	Clare/Evered
25 Nov. 2025	Hillcrest north small loop	2x 2 loop (2'RI); 5x 1 loop (1.5' RI)	600m ea loop	Hillcrest/Princeton
02-Dec-25	Atlantis (Selby to Workman)	5 to 7 x hill (continuous- easy down)	1.13 km ea loop	Workman/Kirchoffer
09-Dec-25	Denbury/Crossfield/Fraser/Byron	7 or 8 x 'U'loop (1.5min. Rest Interval)	630m	Byron/Denbury
16-Dec-25	Edgecliffe	4 or 5 or 6 x hill- continuous; easy down	-	at LePage/ Cavan Street
23-Dec-25	Tweedsmuir/Dovercourt/Duncairn	0.5 loop easy; 0.5 loop hard-continuous; 3 x 8 min. runs continuous	820m	Churchill/Dovercourt
30-Dec-25	NO WORKOUT		NO WORKOUT	
January 6, 2026	Ferndale/Beechgrove/Selby -figure 8's	4 or 5 x fig8 loop (2' RI)	1.33 km/loop	Churchill N/Selby Ave
January 13, 2026	Dunlevie/ Kileen Ave.	6 or 8 x one 'U' loop (1.5' RI)	580 m	Lenester/Kileen
January 20, 2026	Rex / Denison	Ladder 1', 2', 3', 4'-4',3',2',1' (RI= half run time)	1.01km loop	Rex and Carling (at Dulux Paints)
January 27, 2026	Workman/Atlantis/Kirchoffer/Lochaber Ave.	4 or 5 x 'P' loop (2' RI)	1 km	Workman/Kirchoffer
February 3, 2026	Manitou/BIFriars/PCharles/Neepaw	4 x 4 min run (2' RI); 1 x 5 min run	1.13km ea loop	Sherbourne/Manitou

Legend: RI = rest interval
' = minutes