

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 3, 2026	Manitou/BIFriars/PrinceCh/Neepaw	4 or 5 x 1 loop (2 min rest)	1.1 km	Sherbourne/ Manitou
10 February-26	Westminster/Keenan/Windermere	2 x 2 loops (2' RI), 4 x 1 loop (1.5')	580 m	Keenan and Windermere
17 February-26	Honeywell/Knightsbridge	5 x 4' (2' RI)	1.02km	Sherbourne/ Knightsbridge
24 February-26	Sharon/Kileen/Castlewood	1x 5'(2'RI); 5x 2'(1.5'RI); 1x5'	760m/loop	Sharon/ Killeen Ave
2026-March-3	Allison Ave-Harcourt Ave. loop	7 or 8 x 1 loop (1.5 min rest)	760 m	Byron/ Allison Ave.
2026-March-10	Belford, Bevan+Dawson	5 x 1 big or med. loop (1.5' RI)	910m	Bevan/Byron Ave.
2026-March-17	PrnceChrls/Neepawa/Lockart/Saville loop	4 or 5 x 2 loops (2' RI)	650 m/loop	SavilleRow/Prince Charles
2026-March-24	Athalone/ Evered	4 or 5 x 1 loop (1.5'RI for first 2, then 2'RI)	1 km	Clare St/Evered
31-Mar-26	Edgecliffe	4 or 5 or 6 hills; continuous- easy down	-	at LePage/Cavan St
7-Apr-26	Bel-Air Drive NCC footpath	6 or 7 x 3' run (2' RI);	-	Garfield/Maitland-west side
14-Apr-26	Denbury/Crossfield/Fraser/Byron	7 or 8 x 'U'loop (1.5min. Rest Interval)	630 m	Byron and Denbury
21-Apr-26	NotreDame-track	4x200(45"RI);2x400(1');2x800(2'RI); 2x400(1'), 4x200(45")	-	on track
28-Apr-26	Manitou/BIFriars/PrinceCh/Neepaw	4 x 5' (2'RI)	1.13 km	Sherbourne/Manitou Dr
5-May-26	River Pkwy (at Dominion Station)	1 x 5' (2'RI); 7 x 2' (1.5'RI)	-	at Dominion Station
12-May-26	Compton-Byron to Flower	4 to 7 x to hill top with ActRec on down (long straights)	480 m	Compton at Byron
19-May-26	NotreDame-track	100easy/300hard/200e/400h x 4 or 5 (1.5'RI)	-	on track
29 May-26	Ferndale, Beechgrove, Selby -Figure 8	4 or 5 x a figure 8 loop (2' RI)	1.33 km/loop	Churchill N and Selby
2 June 2026	Hampton Park	5 x 2min (1.5' Rest); 2 x 5 minutes (2 min rest)	-	in pkg lot; E. of Sebring Ave
9 June 2026	Bramaer Park (near Garfield) hill	3 x long hill run; 2 x short hill (down=RI)	500short;800	Garfield/Maitland-E side
16 June 2026	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
23 June 2026	Carlington Park hill climb	8 or 9 x walk/jog up (walk down)	150 m	JA Delude Arena pkg lot
30-Jun-26	Kingsmere Ave loops	1 loop(1min RI), 2 loops(1.5min RI), 3 loops(2min RI), 4 loops(2.5min RI), 1 loop	480m/loop	Harmany & Kingsmere Ave
7-Jul-26	Woodroffe Park	6 or 7 x 3' run (2'RI)	-	Knightsbridge/Lockhart
14-Jul-26	Hillcrest (north loop)	8 or 9 x one loop (1.5min. RI)	600 m	Hillcrest/Princeton
21-Jul-26	Wembley/Lauder	1 loop (1.5'RI), 2x 1.5loop (2'RI), 2x 1 loop (1.5'RI)	790 m	Webley/Windermere
28-Jul-26	Westwood Park (on Saville Row)	4 min run x 5 (with 2 min rest)	-	SavilleRow/Sherbourne
4 Aug. 2026	McKellar Park	10 x 2' (1.5'RI) -with situps/pushups/plank	-	Crossfield/Windermere
11 Aug. 2026	NotreDame-track	Yasso 800s (jog rest= run time) x 4 or 5 or 6	800 m	on track
18 Aug. 2026	Lockhart N./Aylen/Saunders	13 min run (0.5loop hard/0.5loop easy) x 2 (3 min RI)	-	Saunders/Lockhart Ave N
25 Aug. 2026	Rex/Dennison	5 x 2min (1.5' Rest); 2 x 5 minutes (2 min rest)	-	meet at Dulux Paint store
1-Sep-26	Rowanwood Loop	4.5 or 5 x 1 loop (2'RI)	1.04 km	Rowanwood/ Keenan
8-Sep-26	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