



# RUNNERS SOUL

PREPARING YOU FOR THE HUMAN RACE

## Racing Team - Spring 2018

Tuesdays @ 6:00 pm

### Locations

Civic Centre Track      Intersection of 11th St and 6th Ave S  
Fort Whoop-Up          Bottom of 3rd Ave S, meet in the parking lot  
Nicholas Sheran        Meet on the SE side of the Picnic Shelter

Week	Date		Location	Workout/Race
1	27-Feb	Tue	Civic Centre Track	Racing Team kick-off!
2	6-Mar	Tue	Nicholas Sheran	Long intervals
	11-Mar	Sun	Calgary, AB	St. Patrick's Day Road Race (5k/10k)
3	13-Mar	Tue	Fort Whoop-Up	Hills
	17-Mar	Sat	Lethbridge, AB	Moonlight Run (6k/10k)
4	20-Mar	Tue	Civic Centre Track	Short intervals
5	27-Mar	Tue	Nicholas Sheran	Variety workout
6	3-Apr	Tue	Civic Centre Track	Short intervals
	7-Apr	Sat	Lethbridge, AB	Lethbridge 10/4 Road Race (4mi/10mi)
7	10-Apr	Tue	Nicholas Sheran	Long intervals
8	17-Apr	Tue	Fort Whoop-Up	Hills
9	24-Apr	Tue	Civic Centre Track	Short intervals
	29-Apr	Sun	Calgary, AB	Calgary Police Half (5k/10k/Half)
10	1-May	Tue	Nicholas Sheran	Variety workout
11	8-May	Tue	Civic Centre Track	Short intervals
	13-May	Sun	Calgary, AB	Mother's Day Run (5k/10k)
12	15-May	Tue	Nicholas Sheran	Long intervals
	20-May	Sun	Red Deer, AB	Woody's RV World Marathon (10k/Half/Full)
13	22-May	Tue	Civic Centre Track	Short intervals
	27-May	Sun	Calgary, AB	Calgary Marathon (5k/10k/Half/Full)
14	29-May	Tue	Fort Whoop-Up	Hills
15	5-Jun	Tue	Nicholas Sheran	Variety workout
	9-Jun	Sat	Lethbridge, AB	Ladiesfest (8k)
16	12-Jun	Tue	Civic Centre Track	Short intervals