



# RUNNERS SOUL

PREPARING YOU FOR THE HUMAN RACE

## Racing Team - Spring 2019

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

Henderson Lake

Meet at the parking lot/green space in front of the Nikka Yuko Japanese Gardens

Week	Date		Location	Workout/Race
1	Mar 12	Tue	<b>Runners Soul</b>	<b>Racing Team Kick-Off</b>
2	Mar 19	Tue	Civic Centre Track	Short intervals
	Mar 23	Sat	Lethbridge, AB	Moonlight Run (6k/10k)
3	Mar 26	Tue	Henderson Lake	Long intervals
4	Apr 2	Tue	Civic Centre Track	Short intervals
	Apr 6	Sat	Lethbridge, AB	10 Mile Road Race (4mi/10mi)
5	Apr 9	Tue	Fort Whoop-Up	Hills
6	Apr 16	Tue	Henderson Lake	Long intervals
7	Apr 23	Tue	Civic Centre Track	Short intervals
	Apr 28	Sun	Calgary, AB	Calgary Police Half (5k/10k/Half)
8	Apr 30	Tue	Fort Whoop-Up	Hills
9	May 7	Tue	Civic Centre Track	Short intervals
	May 12	Sun	Calgary, AB	Mother's Day Run (5k/10k)
10	May 14	Tue	Henderson Lake	Long intervals
11	May 21	Tue	Civic Centre Track	Short intervals
	May 26	Sun	Calgary, AB	Calgary Marathon (5k/10k/Half/Full)
12	May 28	Tue	Fort Whoop-Up	Hills
13	Jun 4	Tue	Civic Centre Track	Short intervals
	Jun 8	Sat	Lethbridge, AB	Ladiesfest (8k)
14	Jun 11	Tue	Henderson Lake	Long intervals
15	Jun 18	Tue	Fort Whoop-Up	Hills
16	Jun 25	Tue	Civic Centre Track	Short intervals