



RUNNERS SOUL

PREPARING YOU FOR THE HUMAN RACE

Racing Team - Summer 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

Henderson Lake

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

Week	Date		Location	Workout/Race
1	17-Jul	Tue	Civic Centre Track	Racing Team kick-off!
2	24-Jul	Tue	Fort Whoop-Up	Hills
3	31-Jul	Tue	Henderson Lake	Long intervals
4	07-Aug	Tue	Civic Centre Track	Short intervals
5	14-Aug	Tue	Fort Whoop-Up	Hills
6	21-Aug	Tue	Civic Centre Track	Short intervals
	25-Aug	Sat	Taber, AB	Taber Cornfest (5k/10k)
7	28-Aug	Tue	Henderson Lake	Long intervals
8	04-Sep	Tue	Civic Centre Track	Short intervals
	08-Sep	Sat	Calgary, AB	Dino Dash (5k/10k)
9	11-Sep	Tue	Fort Whoop-Up	Hills
10	18-Sep	Tue	Henderson Lake	Long intervals
11	25-Sep	Tue	Civic Centre Track	Short intervals
	29-Sep	Sat	Lethbridge, AB	Lethbridge Police Half (5k/10k/Half)
12	02-Oct	Tue	Henderson Lake	Long intervals
13	09-Oct	Tue	Civic Centre Track	Short intervals
	14-Oct	Sun	Lethbridge, AB	Bare Bones (1k/5k/9k)
14	16-Oct	Tue	Henderson Lake	Long intervals
15	23-Oct	Tue	Fort Whoop-Up	Hills
16	30-Oct	Tue	Civic Centre Track	Short intervals