



# RUNNERS SOUL

PREPARING YOU FOR THE HUMAN RACE

## Racing Team - Spring 2020

Tuesdays @ 6:00 pm

### Locations

**\*\*New this season: Hills and long intervals will vary between Fort Whoop-Up and the Sugar Bowl\*\***

Civic Centre Track      Intersection of 11th St and 6th Ave S  
 Fort Whoop-Up          Bottom of 3rd Ave S, meet in the parking lot  
 Sugar Bowl              Meet at the top of the Sugar Bowl just east of 20th St S (between 20th Ave and 20th Ave A)

Week	Date		Location	Workout/Race
1	Mar 3	Tue	<b>Runners Soul</b>	<b>Racing Team Kick-Off</b>
2	Mar 10	Tue	Civic Centre Track	Short intervals
3	Mar 17	Tue	Fort Whoop-Up	Long intervals
	Mar 21	Sat	Lethbridge, AB	Moonlight Run (6k/10k)
4	Mar 24	Tue	Sugar Bowl	Hills
5	Mar 31	Tue	Civic Centre Track	Short intervals
	Apr 4	Sat	Lethbridge, AB	Kodiaks 10/4 Road Race (4mi/10mi)
6	Apr 7	Tue	Sugar Bowl	Long intervals
7	Apr 14	Tue	Fort Whoop-Up	Hills
8	Apr 21	Tue	Civic Centre Track	Short intervals
	Apr 26	Sun	Calgary, AB	Calgary Police Half Marathon (5k/10k/Half)
9	Apr 28	Tue	Civic Centre Track	Short intervals
10	May 5	Tue	Fort Whoop-Up	Long intervals
	May 10	Sun	Calgary, AB	Mother's Day Run (5k/10k)
11	May 12	Tue	Civic Centre Track	Short intervals
	May 16	Sat	Whitefish, MT	Whitefish Marathon (5k/Half/Full) (Marathon Club Race)
12	May 19	Tue	Sugar Bowl	Hills
13	May 26	Tue	Civic Centre Track	Short intervals
	May 31	Sun	Calgary, AB	Calgary Marathon (5k/10k/Half/Full)
14	Jun 2	Tue	Sugar Bowl	Long intervals
	Jun 6	Sat	Lethbridge, AB	Ladiesfest (8k)
15	Jun 9	Tue	Fort Whoop-Up	Hills
16	Jun 16	Tue	Civic Centre Track	Short intervals