



RUNNERS SOUL

PREPARING YOU FOR THE HUMAN RACE

Racing Team - Summer/Fall 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
	20-Jul-19	Sat	5th Ave S	Runner's Soul 5th Ave Mile!
1	23-Jul-19	Tue	Civic Centre Track	Racing Team Kick-Off
2	30-Jul-19	Tue	Henderson Lake	Long intervals
3	06-Aug-19	Tue	Fort Whoop-Up	Hills
4	13-Aug-19	Tue	Civic Centre Track	Short intervals
5	20-Aug-19	Tue	Henderson Lake	Hills
	24-Aug-19	Sat	Taber, AB	Taber Cornfest (5k/10k)
6	27-Aug-19	Tue	Henderson Lake	Long intervals
7	03-Sep-19	Tue	Civic Centre Track	Short intervals
	07-Sep-19	Sat	Calgary, AB	Dino Dash (5k/10k)
8	10-Sep-19	Tue	Fort Whoop-Up	Hills
9	17-Sep-19	Tue	Civic Centre Track	Short intervals
10	24-Sep-19	Tue	Henderson Lake	Long intervals
11	01-Oct-19	Tue	Civic Centre Track	Short intervals
	05-Oct-19	Sat	Lethbridge, AB	LPS Half Marathon (5k/10k/Half)
12	08-Oct-19	Tue	Fort Whoop-Up	Hills
13	15-Oct-19	Tue	Civic Centre Track	Short intervals
	20-Oct-19	Sun	Lethbridge, AB	Bare Bones Run (5k/9k)
14	22-Oct-19	Tue	Henderson Lake	Long intervals
15	29-Oct-19	Tue	Fort Whoop-Up	Hills
16	05-Nov-19	Tue	Civic Centre Track	Short intervals