

January 2012 Around the Bay / Bay and Back Clinic

MONDAY Jan 9th MEETING ON 2012	TUESDAY Jan 10th At Runner's Den 5k LtR or 5k 10k R 10:1's 15k R 10:1's or 10k 30k 10k	WEDNESDAY Jan 11th YMCA W-OUT ON YOUR OWN RUN SPECIFIC	THURSDAY Jan 12th At Runner's Den 5k LtR or 2x2k 10k R 10:1's or 2x2k 15k R 10:1's or 2x2k 30k 10:1's or 3x2k	SATURDAY Jan 14th Runner's Den, 9am 5k LtR or 8:2 10k R 8:2 or 10:1 15k R 10:1's 30k 10k/12k YMCA, 10:45-11:45am
Jan 16th Y WEIGHTS/CARDIO 6-7:15PM	Jan 17th At Runner's Den 5k LtR or 5k 10k R 10:1's 15k R 10:1's or 10k 30k 10k	Jan 18th YMCA W-OUT ON YOUR OWN RUN SPECIFIC	Jan 19th At Runner's Den 5k LtR or 2x2k 10k R 10:1's, or 2x2k 15k R 10:1's, or 3x2k 30k 10:s or 3x3k	Jan 21st Dundurn Castle, 9am 5k LtR, 8:2 or 10:1 10k R 8:2 or 10:1 15k R 10:1's 30k 12k/16k YMCA, 10:45-11:45am
Jan 23rd Y WEIGHTS/CARDIO 6-7:15PM	Jan 24th At Runner's Den 5k LtR or 5k 10k R 10:1's 15k R 10:1's or 10k 30k 10k or 12k	Jan 25th YMCA W-OUT ON YOUR OWN RUN SPECIFIC	Jan 26th At Runner's Den 5k LtR or 2x2k 10k R 10:1's or 2x2k 15k R 10:1's or 2x2k 30k 10:1's or 3x2k	Jan 28th Runner's Den, 9am 5k LtR or 8:2 10k R 8:2 or 10:1 15k R 10:1's 30k 14k/18k YMCA, 10:45-11:45am
Jan 30th Y WEIGHTS/CARDIO 6-7:15PM	Jan 31st At Runner's Den 5k LtR or 5k 10k R 10:1's 15k R 10:1's or 10k 30k 10k or 12k	Feb 1st YMCA W-OUT ON YOUR OWN RUN SPECIFIC	Feb 2nd At Runner's Den 5k LtR or 2x2k 10k R 10:1's, or 2x2k 15k R 10:1's, or 3x2k 30k 10:s or 3x3k	Feb 4th Dundurn Castle, 9am 5k LtR or 8:2 10k R 8:2 or 10:1 15k R 10:1's 30k 16k/20k YMCA, 10:45-11:45am, nc

Special Events and Socials

Mon Jan 9th	Club is back in full swing	March 25th	Meet at the Downtown YMCA 1 hr before race start.
February	Our winter Pub Run, date TBA	March 25th	Post Race Party TBA
February 4th	Lauren and Mat's Stag and Doe		

February 2012 Around the Bay / Bay and Back Clinic

MONDAY Feb 6th	TUESDAY Feb 7th	WEDNESDAY Feb 8th	THURSDAY Feb 9th	SATURDAY Feb 11th
Y WEIGHTS/CARDIO 6-7:15PM	At Runner's Den 5k LtR or 5k 10k R 10:1's 15k R 10:1's or 10k 30k 10k or 12k	YMCA W-OUT ON YOUR OWN RUN SPECIFIC	At Runner's Den 5k LtR or 2x2k 10k R 10:1's or 2x2k 15k R 10:1's or 2x2k 30k 10:1's or 3x2k	Runner's Den, 9am 5k LtR or 8:2 10k R 8:2 or 10:1 15k R 10:1's 30k 18k/22k YMCA, 10:45-11:45am, nc

Feb 13th	Feb 14th	Feb 15th	Feb 16th	Feb 18th
Y WEIGHTS/CARDIO 6-7:15PM	At Runner's Den 5k LtR or 5k 10k R 10:1's 15k R 10:1's or 10k 30k 10k or 12k	YMCA W-OUT ON YOUR OWN RUN SPECIFIC	At Runner's Den 5k LtR or 2x2k 10k R 10:1's, or 2x2k 15k R 10:1's, or 3x2k 30k 10:s or 3x3k	Dundurn Castle, 9am 5k LtR or 8:2 10k R 8:2 or 10:1 15k R 10:1's 30k 20k/24k YMCA, 10:45-11:45am, nc

Feb 20th	Feb 21st	Feb 22nd	Feb 23rd	Feb 25th
Y WEIGHTS/CARDIO 6-7:15PM	At Runner's Den 5k LtR or 5k 10k R 10:1's 15k R 10:1's or 12k 30k 12k or 15k	YMCA W-OUT ON YOUR OWN RUN SPECIFIC	At Runner's Den 5k LtR or 2x2k 10k R 10:1's or 2x2k 15k R 10:1's or 2x2k 30k 10:1's or 3x2k	Runner's Den, 9am 5k LtR or 8:2 10k R 8:2 or 10:1 15k R 10:1's 30k 22k/26k YMCA, 10:45-11:45am, nc

Feb 27th	Feb 28th	Feb 29th	Mar 1st	Mar 3rd
Y WEIGHTS/CARDIO 6-7:15PM	At Runner's Den 5k LtR or 5k 10k R 10:1's 15k R 10:1's or 12k 30k 12k or 15k	OFF TAPER FOR CHILLY	START CARB-LOAD At Runner's Den, 6:30PM 5k easy 5K 10k R easy 5K 15k R easy 5K 30k easy 5K	Dundurn Castle, 9am 5k 2k 21K 2k 20 MIN STRETCH

Warm-Up Race

Sun Jan 29th	Robbie Burns 8k. Fun race, and closeby in Burlington www.burlingtonrunners.com
Sun Mar 4th	Chilly Half Marathon and 5k, a great race in Burlington www.vrpro.ca

Around the Bay 2012 Clinic

At the Fighting Koalas Walk and Run Club

Train for the.....
5k Bay and Back Walk
5k Bay and Back Run
3-person 30k Relay (10k each)
2-person 30k Relay (15k each)
30k Around the Bay Walk
30k Around the Bay Run

Register early for the event. It will be all sold out by early January. www.aroundthebayroadrace.com

Be trained for the 2012 Around the Bay or Bay and Back 5k by Mat Reid

Mat won the award for the fastest Hamilton/Burlington runner in the 2004 and 2007 Around the Bay, his PB at the event is 1:49 and has ran the event 9 times in the last 14 years having a median time of 1 hour - 53 minutes

Price options:	\$25 p/month	Koala Accountability, communicate w Mat on-line
	\$25 p/month	Personalized training plan around job, family and goals
	\$30 p/month	Unlimited practice attendance (5 workouts weekly)
	\$55 p/month	Unlimited practice attendance plus a personal training plan
	\$55 p/month	Unlimited practice attendance plus Koala Accountability
	\$80 p/month	Practices, personal schedule and Koala Accountability

Set a meeting up with Mat at anytime to go over your goals in fitness!

We have swimming, cycling, running, weights etc etc etc