

Date	Session	Location	Workout	Races
<b>02-Aug-22</b>	<b>1</b>	<b>Henderson</b>	<b>Intro workout</b>	
<b>09-Aug-22</b>	<b>2</b>	<b>TBA</b>	<b>Short intervals</b>	
<b>16-Aug-22</b>	<b>3</b>	<b>Fort Whoop-Up</b>	<b>Hills</b>	
<i>20-Aug-22</i>		<i>Calgary</i>		<i>Calgary Search and Rescue 5k, 10k</i>
<b>23-Aug-22</b>	<b>4</b>	<b>Henderson</b>	<b>Long intervals</b>	
<b>30-Aug-22</b>	<b>5</b>	<b>TBA</b>	<b>Short intervals</b>	
<b>06-Sep-22</b>	<b>6</b>	<b>Fort Whoop-Up</b>	<b>Hills</b>	
<i>09-Sep-22</i>		<i>Lethbridge</i>		<i>Lost Soul Ultra</i>
<i>11-Sep-22</i>		<i>Calgary</i>		<i>Dino Dash 10k</i>
<b>13-Sep-22</b>	<b>7</b>	<b>Henderson</b>	<b>Long intervals</b>	
<i>17-Sep-22</i>		<i>Lethbridge</i>		<i>LPS 5k, 10k, half marathon</i>
<b>20-Sep-22</b>	<b>8</b>	<b>TBA</b>	<b>Short intervals</b>	
<i>24-Sep-22</i>		<i>Banff</i>		<i>Melissa's Road Race 5k, 10k, half marathon</i>
<b>27-Sep-22</b>	<b>9</b>	<b>Fort Whoop-Up</b>	<b>Hills</b>	
<i>02-Oct-22</i>		<i>Fernie</i>		<i>Fernie Half Marathon, 10k</i>
<b>04-Oct-22</b>	<b>10</b>	<b>Henderson</b>	<b>Long intervals</b>	
<b>11-Oct-22</b>	<b>11</b>	<b>TBA</b>	<b>Short intervals</b>	
<b>18-Oct-22</b>	<b>12</b>	<b>Fort Whoop-Up</b>	<b>Hills</b>	
<i>23-Oct-22</i>		<i>Calgary</i>		<i>First Responders Half Marathon, 5k, 10k</i>