


## 2022 Ottawa - HALF MARATHON

# December 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 EASY 30 Minute Easy Run	3	4
5 <b>8K Long Run</b>	6	7 EASY 6K Easy Run	8	9 STEADY 6K Steady - Feeling Good!	10	11 EASY 35 Minute Easy Run
12 <b>8K Long Run</b>	13	14 EASY 7K Easy Run	15	16 STEADY 7K Steady - Feeling Good!	17 EASY 30 Minute Easy Run	18
19 <b>8K Long Run</b>	20	21 BUILD 9K Build by 3K EZ, Med, Hard	22 <b>OPTION</b> 6K Easy Run	23 STEADY 7K Steady - Feeling Good!	24	25
26 Boxing <b>8K Long Run</b>	27	28 The REID 3K + 40 Minutes of Rolling Hills	29	30 EASY 8K Easy Run	31 <b>NYE</b> <b>5K/10K</b>	
						


# 2022 Ottawa - HALF MARATHON

# January 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <b>OPTION</b> 6K Easy Run
2 <b>10K Long Run</b>	3	4 <b>BUILD</b> 9K Build by 3K EZ, Med, Hard	5 <b>EASY</b> 40 Minute Easy Run	6 <b>HILLS</b> 2K Plus 7 Hill Repeats	7	8 <b>OPTION</b> 6K Tempo Run
9 <b>12K Long Run</b>	10	11 <b>1 &amp; 1's</b> 2-3K wu Plus 20X 1 Min HD 1 Min EZ	12 <b>OPTION</b> 6K Recovery Run	13 <b>PYLONS</b> 2K Plus 2 Sets+	14	14 <b>TEMPO</b> 6K Tempo Run
16 <b>14K Long Run</b>	17	18 <b>BUILD</b> 9K Build by 3K EZ, Med, Hard	19	20 <b>HILLS</b> 2K Plus 7 Hill Repeats	21 <b>OPTION</b> 6K Easy Run	22 <b>FLOAT</b> 7K Float Run
23 <b>12K Special Vertical</b>	24	25 <b>Cutdown</b> 2 x 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	26	27 <b>The REID</b> 3K + 40 Minutes of Rolling Hills	28 <b>EASY</b> 6K Easy Run	29
30 <b>16K Long Run</b>	31					


# 2022 Ottawa - HALF MARATHON

## February 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 45Min Test <i>Run as far as you can in 45 Min</i>	2 <b>OPTION</b> 9K Build by 3K EZ,Med,Hard	3 PYLONS 2K Plus 3 Sets	4	5 STEADY 8K Steady Run
6 15K Long Run	7	8 H.I.I.T. 3K Plus 10x45sec Hard, 2:15 EZ	9 TEMPO 8K Tempo Run	10 HILLS 2K Plus 8 Hill Repeats	11	12 <b>OPTION</b> 10K Float Run
13 18K Long Run	14	15 Pyramid 1,2,3,4,4,3,2,1 Same Hard as EZ	16 <b>OPTION</b> 6K Recovery Run	17 The REID 3K + 40 Minutes of Rolling Hills	18	19 TEMPO 8K Tempo Run
20 Family 16K Special Vertical	21	22 BUILD 9K Build by 3K EZ, Med, Hard	23	24 PYLONS 2K Plus 3 Sets+	25 EASY 5K Easy Run	26 JOG+ 3K Jog with 4 Accelerations
27 18K Long Run	28 EASY 5K Easy Run					
						


# 2022 Ottawa - HALF MARATHON

## March 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 45Min Test <i>Run as far as you can in 45 Min</i>	2 <b>OPTION</b> 30 Minute Recovery Run	3 <b>BUILD</b> 9K Build by 3K EZ, Med, Hard	4	5 <b>OPTION</b> 9K Easy Run
6 <b>16K Long Run</b>	7	8 Cutdown 2 x 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	9 <b>OPTION</b> 10K Medium Long Run	10 <b>PYLONS</b> 2K Plus 3 Sets+	11	12 <b>TEMPO</b> 8K Tempo Run
13 <b>18K Long Run</b>	14	15 <b>H.I.I.T.</b> 3K Plus 10x45sec Hard, 2:15 EZ	16 <b>FLOAT</b> 12K Medium Long Run	17 <b>The REID</b> 3K + 40 Minutes of Rolling Hills	18	19 <b>OPTION</b> 8K Tempo Run
20 <b>16K Special Speed</b>	21	22 <b>Pyramid</b> 1,2,3,4,4,3,2,1 Same Hard as EZ	23	24 <b>FARTLEKS</b> 8K of Team Fartleks	25	26 <b>JOG+</b> 3K Jog with 5 Accelerations
27 <b>20K Long Run</b>	28 <b>EASY</b> 5K Easy Run	29 <b>1 &amp; 1's</b> 2-3K wu Plus 20X 1 Min HD 1 Min EZ	30 <b>OPTION</b> 10K Medium Long Run	31 <b>BUILD</b> 9K Build by 3K EZ, Med, Hard		
						

# 2022 Ottawa - HALF MARATHON

## April 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 TEMPO 8K Tempo Run
3 <b>15K Long Run</b> <u>@Progression</u>	4	5 45Min Test <i>Run as far as you can in 45 Min</i>	6 FLOAT 12K Medium Long Run	7 FARTLEKS 8K of Team Fartleks	8	9 <b>OPTION</b> 8K Easy Run
10 <b>20K Long Run</b>	11	12 In & Out's 6K Run + 10 Laps of In & Out's	13 <b>OPTION</b> 11K Medium Long Run	14 TRACK 4x400m @ 5KRP 1min b/w 400's	15	16 TEMPO 8K Tempo Run
17 Easter <b>16K Special Speed</b>	18	19 The REID 3K + 40 Minutes of Rolling Hills	20	21 TRACK 2x4x400m@5KRP 1min b/w 400's	22	23 JOG+ 3K Jog with 5 Accelerations
24 <b>22K Long Run</b>	25	26 TRACK 4x800m @ 10KRP	27 FLOAT 11K Medium Long Run	28 1 & 1's 2-3K wu Plus 20X 1 Min HD 1 Min EZ	29	30 TEMPO 8K Tempo Run
						

# 2022 Ottawa - HALF MARATHON

# May 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <b>14K Long Run</b> <i>Fast</i>	2	3 <b>TRACK</b> 3x1mile @ Faster than RP	4 <b>FLOAT</b> 14K Medium Long Run	5 <b>BUILD</b> 9K Build by 3K EZ, Med, RP	6 <b>OPTION</b> 8K Tempo Run	7
8 <b>24K Long Run</b>	9	10 <b>STEADY</b> 7K Steady Run	11 <b>OPTION</b> 10K Medium Long Run	12 <b>RP RUN</b> 7K Run @ Race Pace	13	14 <b>EASY</b> 7K Easy Run
15 <b>12K Long Run</b>	16	17 <b>RP RUN</b> 5K Run @ Race Pace	18 <b>OPTION</b> 8K Easy Run	19 <b>JOG+</b> 6K Jog with 5 Accelerations	20 <b>FLOAT</b> 6K Float Run	21
22 Victoria <b>8K Long Run</b>	23	24 <b>EASY</b> 6K Super Easy Run	25	26 <b>EASY</b> 4-5K Super Easy Run	27	28 <b>JOG+</b> 3K Jog with 5 Accelerations
29 <b>RACE DAY!</b>	30	31				
						