


2022 Ottawa - FULL MARATHON

December 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 EASY 40 Minute Easy Run	3	4
5 10K Long Run	6	7 EASY 7K Easy Run	8	9 STEADY 8K Steady - Feeling Good!	10	11 EASY 45 Minute Easy Run
12 10K Long Run	13	14 EASY 8K Easy Run	15	16 STEADY 8K Steady - Feeling Good!	17 EASY 40 Minute Easy Run	18
19 12K Long Run	20	21 BUILD 9K Build by 3K EZ, Med, Hard	22 OPTION 8K Easy Run	23 STEADY 9K Steady - Feeling Good!	24	25
26 Boxing 14K Long Run	27	28 The REID 3K + 45 Minutes of Rolling Hills	29	30 EASY 10K Easy Run	31 NYE 5K/10K	
						


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January 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 OPTION 10K Easy Run
2 16K Long Run	3	4 BUILD 9K Build by 3K EZ, Med, Hard	5 EASY 40 Minute Easy Run	6 HILLS 2K Plus 8 Hill Repeats	7	8 OPTION 8K Tempo Run
9 18K Long Run	10	11 1 & 1's 2-3K wu Plus 20X 1 Min HD 1 Min EZ	12 OPTION 9K Recovery Run	13 PYLONS 2K Plus 3 Sets+	14	14 TEMPO 8K Tempo Run
16 18K Long Run	17	18 BUILD 9K Build by 3K EZ, Med, Hard	19	20 HILLS 2K Plus 10 Hill Repeats	21 OPTION 8K Easy Run	22 FLOAT 10K Float Run
23 16K Special Vertical	24	25 Cutdown 2 x 5, 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	26	27 The REID 3K + 45 Minutes of Rolling Hills	28 EASY 9K Easy Run	29
30 20K Long Run	31					


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February 2022

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


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March 2022

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

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April 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 TEMPO 10K Tempo Run
3 30K Long Run	4	5 Hour Test <i>Run as far as you can in 1 Hour</i>	6 FLOAT 12K Medium Long Run	7 FARTLEKS 10K of Team Fartleks	8	9 OPTION 10K Easy Run
10 32K Long Run	11	12 In & Out's 6K Run + 12 Laps of In & Out's	13 OPTION 12K Medium Long Run	14 TRACK 6x400m @ 5KRP 1min b/w 400's	15	16 TEMPO 10K Tempo Run
17 Easter 16K Special Speed	18	19 The REID 3K + 45 Minutes of Rolling Hills	20	21 TRACK 2x6x400m@5KRP 1min b/w 400's	22	23 JOG+ 4K Jog with 5 Accelerations
24 35K Long Run	25	26 TRACK 6x800m @ 10KRP	27 FLOAT 14K Medium Long Run	28 1 & 1's 2-3K wu Plus 20X 1 Min HD 1 Min EZ	29	30 TEMPO 10K Tempo Run
						

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May 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 24K Long Run <i>Fast</i>	2	3 TRACK 4x1mile @ Faster than RP	4 FLOAT 18K Medium Long Run	5 BUILD 12K Build by 4K EZ, Med, RP	6 OPTION 9K Tempo Run	7
8 38K Long Run	9	10 STEADY 8K Steady Run	11 OPTION 14K Medium Long Run	12 RP RUN 9K Run @ Race Pace	13	14 EASY 9K Easy Run
15 18K Long Run	16	17 RP RUN 5K Run @ Race Pace	18 OPTION 10K Easy Run	19 JOG+ 6K Jog with 5 Accelerations	20 FLOAT 8K Float Run	21
22 Victoria 12K Long Run	23	24 EASY 7K Super Easy Run	25	26 EASY 4-5K Super Easy Run	27	28 JOG+ 3K Jog with 5 Accelerations
29 RACE DAY!	30	31				
						