


2023 Ottawa MARATHON

December 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 EASY 30-45 Minute Easy Run	2	3
4 12K LONG RUN	5	6 EASY 6K Easy Run	7	8 EASY 7-9K Easy Run	9	10 EASY 5-6K Easy Run
11 14K LONG RUN	12	13 EASY 8K Easy Run	14	15 GO!! 8K Run while Chatting	16 EASY 45 Minute Easy Run	17
18 14K LONG RUN	19	20 STEADY 8K Steady Run	21	22 EASY 9K Easy Run	23 OPTION 5K Easy 3K@ Tempo	24 EASY 35 Minute Easy Run
25	26 16K LONG RUN	27 BUILD 3K EZ, 3K Med, 2K Strong	28	29 TEMPO 5K Easy 3K@ Tempo	30	31 7-10K Last Run of 2022. Make it quick.
						


2023 Ottawa MARATHON

January 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 16K SPECIAL RUN	2 (OR HERE for 16K Special)	3 FLUSH 8K Flush out the Holidays Run	4 TEMPO 5K Easy 3K@ Tempo	5 HILLS 2K Plus 8 Hill Repeats	6	7 OPTION 9K Easy Run
8 18K LONG RUN	9	10 1-2 Punch 5x 1minHD 2minEZ 2minHD 1minEZ	11 OPTION 6K Tempo Run	12 PYLONS 2K Plus 3 Sets	13 FLOAT 10K Easy Run	14
15 20K LONG RUN	16	17 TEMPO 4K Easy 4K@ Tempo	18 OPTION 8K Easy Run	19 HILLS 2K Plus 10 Hill Repeats	20	21 FLOAT 10K Easy Run
22 18K LONG RUN @Progression	23	24 CutDown 2 x 5, 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	25 FLOAT 1 Hour Float Run	26 The REID 3K + 45 Minutes of Rolling Hills	27 OPTION 9K Easy Run	28
29 16K SPECIAL RUN	30	31 TEMPO 4K Easy 5K@ Tempo				
						


2023 Ottawa MARATHON

February 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 OPTION 8K Easy Run	2 FARTLEKS 2K+ 6K of Fartlek Running	3 EASY 10K Easy Run	4
5 20K LONG RUN	6	7 1-2 Punch 6x 1minHD 2minEZ 2minHD 1minEZ	8 FLOAT 12K Float Run	9 TEMPO 8K Tempo Run	10	11 OPTION 10K Hilly Run
12 22K LONG RUN	13	14 H.I.I.T. 3K Plus 10x45sec Hard, 2:15 EZ	15 OPTION 9K Build by 3K slow,med,fast	16 HILLS 2K Plus 10 Hill Repeats	17 FLOAT 12K Float Run	18
19 24K LONG RUN	20	21 Cut Down 2 x 5, 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	22 FLOAT 10K Float Run	23 PYLONS 2K Plus 4 Sets	24	25 OPTION 12K Easy Run
26 16K SPECIAL RUN	27	28 TEMPO 9K Tempo Run				


2023 Ottawa MARATHON

March 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 OPTION 9K Build by 3K slow,med,fast	2 HILLS 2K Plus 10 Hill Repeats	3	4 EASY 10K Easy Run
5 24K LONG RUN @Progression	6	7 1-2 Punch 6x 1minHD 2minEZ 2minHD 1minEZ	8 OPTION 10K Easy Run	9 PYLONS 2K Plus 4 Sets+	10	11 FLOAT 12K Float Run
12 26K LONG RUN	13	14 HOUR Run Run as far as you can in 60 Minutes	15	16 The REID 3K + 45 Minutes of Rolling Hills	17 FLOAT 14K Medium Long Run	18
19 28K LONG RUN	20	21 Cut Down 2 x 5, 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	22 OPTION 12K Easy Run	23 TEMPO 10K Tempo Run	24	25 BUILD 3K Easy, 4K Medium, 3K Strong
26 16K SPECIAL RUN	27	28 3,4,5 KICK 2K+2x3,3,4,4,5,5 Min HD then EZ	29 RP RUN 10K Build up to and hold RP	30 FARTLEKS 2K warm up plus 8K of Fartleks	31 OPTION 9K Build by 3K slow,med,fast	

2023 Ottawa MARATHON

April 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 AFD 2x42.2K Or Not.
2 30K LONG RUN	3	4 HOUR Run Run as far as you can in 60 Minutes	5 FLOAT 1 Hour Float Run	6 TEMPO 10K Tempo Run	7	8 OPTION 12K Easy Run
9 21K LONG RUN @Progression	10	11 RP RUN 10K Build up to and hold RP	12 FLOAT 15K Float Run	13 TRACK 5x400m 3x800m 1x400m	14 OPTION 10K Hilly Run	15
16 30K LONG RUN	17	18 3,4,5 KICK 2K+2x3,3,4,4,5,5 Min HD then EZ	19 OPTION 1 Hour Easy Run	20 In & Out's 6K Run + 12 Laps of In & Out's	21 EASY 12K Easy Run	22
23 34K LONG RUN	24	25 H.I.I.T. 3K Plus 12x45sec Hard, 2:15 EZ	26 FLOAT 10K Float Run	27 TRACK 3x400m 5x800m 1x400m	28	29 OPTION 10K Tempo Run
30 EFFORT HALF MARATHON						

2023 Ottawa MARATHON

May 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 HOUR Run Run as far as you can in 60 Minutes	3 OPTION 9K Build by 3K slow,med,fast	4 TRACK 2x400m 4x800m 1x1600m 2x200m	5 EASY 6K Easy Run	6
7 38K LONG RUN	8	9 In &Out's 6K Run + 12 Laps of In & Out's	10	11 TRACK 4x400m 3x1600m	12	13 FLOAT 12K Float Run
14 20K LONG RUN	15	16 RP RUN 7x1K @ RP Dial it in!	17 OPTION 9K Float Run	18 JOG+ 6K Jog with 5 Accelerations	19 EASY 6K Easy Run	20
21 12K LONG RUN	22	23 EASY 7-8K Easy Run	24	25 EASY 6K Super Easy Run	26	27 JOG+ 3K Jog with 5 Accelerations
28 RACE DAY!	29	30	31			

2023 Ottawa MARATHON

June 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	
						