

2024 Ottawa FULL Marathon Schedule

November 2023

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


2024 Ottawa FULL Marathon Schedule

December 2023

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------|--------|--|----------------------------|---|-------------------------------|---|
| | | | | | 1 EASY 7K Easy Run | 2 |
| 3 10K Long Run | 4 | 5 Let's GO! 10K Run – get the legs back! | 6 | 7 EASY 10K Easy Run | 8 EASY 7K Easy Run | 9 |
| 10 12K Long Run | 11 | 12 Let's GO! 10K Run – get the legs back! | 13 | 14 EASY 10K Easy Run | 15 | 16 EASY 8K Easy Run |
| 17 14K Long Run | 18 | 19 Let's GO! 10K Run – get the legs back! | 20 | 21 STEADY 8K Steady Run | 22 EASY 7K Easy Run | 23 |
| 24 12K Special | 25 | 26 FUN RUN 45 Minute Run – Gravy Burner | 27 BQ/PB 10K Run | 28 TEMPO 4K Easy, 4K Push the Pace a bit | 29 | 30 EASY 8K Easy Run |
| 31 14K Long Run | | | | | |  |

2024 Ottawa FULL Marathon Schedule

January 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------|--------|---|---|--|------------------------------|---|
| | 1 | 2 HOUR Run Run as far as you can in 60 Minutes | 3 | 4 STEADY 10K Steady Run | 5 EASY 8K Easy Run | 6 |
| 7 16K Long Run | 8 | 9 1-2 Punch 6x 1minHD 2minEZ 2minHD 1minEZ | 10 BQ/PB 10K Run | 11 HILLS 2-3K Plus 8 Hill Repeats | 12 | 13 EASY 9K Easy Run |
| 14 18K Long Run | 15 | 16 BUILD 3K EZ, 4K Med, 3K Strong | 17 | 18 PYLONS 2-3K Plus 3 Sets | 19 | 20 TEMPO 8-10K Tempo Run |
| 21 16K Special | 22 | 23 SPEEDUP 2x5KProgress from EZ to FAST | 24 BQ/PB 12K Build by 4K EZ, Med, FAST! | 25 HILLS 2-3K Plus 10 Hill Repeats | 26 | 27 EASY 10K Easy Run |
| 28 18K Long Run | 29 | 30 Cut Down 2 x 5, 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets | 31 | | |  |
| | | | | | | |


2024 Ottawa FULL Marathon Schedule

February 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------|--------|---|---|---|--------|---|
| | | | | 1 PYLONS 2-3K Plus 4 Sets | 2 | 3 TEMPO 10K Tempo Run |
| 4 20K Long Run | 5 | 6 HOUR Run Run as far as you can in 60 Minutes | 7 BQ/PB 15K Build by 5K EZ, Med, FAST! | 8 HILLS 2-3K Plus 12 Hill Repeats | 9 | 10 EASY 8K Easy Run |
| 11 22K Long Run | 12 | 13 1-2 Punch 7x 1minHD 2minEZ 2minHD 1minEZ | 14 EASY 8K Easy Run | 15 PYLONS 2-3K Plus 4.5 Sets | 16 | 17 TEMPO 10K Tempo Run |
| 18 16K Special | 19 | 20 SPEEDUP 2x5K Progress from EZ to FAST | 21 BQ/PB 12-15K FLOAT Run | 22 BUILD 3K EZ, 3K Med, 4K Strong | 23 | 24 EASY 9K Easy Run |
| 25 24K Long Run | 26 | 27 Cut Down 2 x 5, 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets | 28 | 29 The REID 3K + 45 Minutes of Rolling Hills | |  |
| | | | | | | |

2024 Ottawa FULL Marathon Schedule

March 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------|--------|---|--|--|-------------------------------|---|
| | | | | | 1 EASY 9K Easy Run | 2 |
| 3 20K Long Run | 4 | 5 HOUR Run Run as far as you can in 60 Minutes | 6 BQ/PB 15K Build by 5K EZ, Med, FAST! | 7 PYRAMID 1,2,3,4,5.4,3,2,1 Hard then EZ | 8 | 9 EASY 10K Easy Run |
| 10 28K Long Run | 11 | 12 1-2 Punch 7x 1minHD 2minEZ 2minHD 1minEZ | 13 | 14 The REID 3K + 45 Minutes of Rolling Hills | 15 | 16 TEMPO 10K Tempo Run |
| 17 16K Special | 18 | 19 Cut Down 2 x 5, 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets | 20 BQ/PB 12-15K FLOAT Run | 21 BUILD 3K EZ, 3K Med, 4K Strong | 22 | 23 EASY 8K Easy Run |
| 24 30K Long Run | 25 | 26 SPEEDUP 2x5KProgress from EZ to FAST | 27 | 28 TRACK 4x400, 2x800 4x400 | 29 EASY 8K Easy Run | 30 TEMPO 10K Tempo Run |
| 31 24K Long Run | | | | | |  |


2024 Ottawa FULL Marathon Schedule

April 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------|--------|---|---|---|--------|---|
| | 1 | 2 HOUR Run Run as far as you can in 60 Minutes | 3 BQ/PB 15K Build by 5K EZ, Med, FAST! | 4 TRACK 1x1600 4x400 2x800 1x1600 | 5 | 6 EASY 9K Easy Run |
| 7 32K Long Run | 8 | 9 1-2 Punch 8x 1minHD 2minEZ 2minHD 1minEZ | 10 | 11 TRACK 4x400 4x800 3x1600 | 12 | 13 TEMPO 10K Tempo Run |
| 14 16K Special | 15 | 16 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ | 17 BQ/PB 12-15K FLOAT Run | 18 TRACK 2x5x400 BUILD by 400 | 19 | 20 EASY 8K Easy Run |
| 21 35K Long Run | 22 | 23 SPEEDUP 2x5KProgress from EZ to FAST | 24 EASY 9K Easy Run | 25 TRACK 2x1600 2x800 4x400 4x200 Each@FasterPace | 26 | 27 TEMPO 10K Tempo Run |
| 28 24K Long Run | 29 | 30 Cut Down 2 x 5, 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets | | | |  |
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2024 Ottawa FULL Marathon Schedule

May 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------|--------|---|---|---|-------------------------------|---|
| | | | 1 | 2 PYRAMID 1,2,3,4,5,4,3,2,1 Hard then EZ | 3 EASY 10K Easy Run | 4 |
| 5 38K Long Run | 6 | 7 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ | 8 BQ/PB 10K Flush out the Legs Run | 9 TRACK 4x400 4x1600 | 10 | 11 EASY 9K Easy Run |
| 12 20K Long Run | 13 | 14 RacePace 7x1K @ Target Race Pace | 15 | 16 EASY 9K Easy Run | 17 | 18 EASY 8K Easy Run |
| 19 12K Long Run | 20 | 21 EASY 6K Run with 5 Accelerations | 22 | 23 EASY 40 Minute Super Easy Run | 24 | 25 JOG+ 3K Jog with 5 Accelerations |
| 26 RACE! | 27 | 28 | 29 | 30 | 31 |  |
| | | | | | | |