

2024 Ottawa HALF 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 6-8K Easy Run | 15 | 16 Just Run 6-8K Easy Run | 17 | 18 EASY 4-5K Easy Run |
| 19 8-12K Long Run | 20 | 21 Just Run 6-8K Easy Run | 22 | 23 Just Run 6-8K Easy Run | 24 EASY 5K Easy Run | 25 |
| 26 8-12K Long Run | 27 | 28 Just Run 6-8K Easy Run | 29 | 30 Just Run 6-8K Easy Run | |  |
| | | | | | | |

2024 Ottawa HALF Marathon Schedule

December 2023

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------|--------|--|-----------|--------------------------------------|---------------------------------------|---|
| | | | | | 1 EASY 5K Easy Run | 2 |
| 3 10K Long Run | 4 | 5 Let's GO! 8K Run – get the legs back! | 6 | 7 EASY 35 Minute Easy Run | 8 EASY 5K Easy Run | 9 |
| 10 10K Long Run | 11 | 12 Let's GO! 8K Run – get the legs back! | 13 | 14 EASY 40 Minute Easy Run | 15 | 16 EASY 5K Easy Run |
| 17 12K Long Run | 18 | 19 Let's GO! 8K Run – get the legs back! | 20 | 21 EASY 45 Minute Easy Run | 22 EASY 5K Easy Run | 23 |
| 24 12K Special | 25 | 26 FUN RUN 30-40 Minute Run – Gravy Burner | 27 | 28 EASY 50 Minute Easy Run | 29 BUILD 4K Easy, 2K Medium | 30 |
| 31 14K Long Run | | | | | |  |

2024 Ottawa HALF 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 8K Steady Run | 5 EASY 6K Easy Run | 6 |
| 7 16K Long Run | 8 | 9 1-2 Punch 5x 1minHD 2minEZ 2minHD 1minEZ | 10 EASY 6K Easy Run | 11 HILLS 2-3K Plus 6 Hill Repeats | 12 | 13 |
| 14 16K Long Run | 15 | 16 BUILD 3K EZ, 3K Med, 2K Strong | 17 | 18 PYLONS 2-3K Plus 3 Sets | 19 EASY 5K Easy Run | 20 |
| 21 16K Special | 22 | 23 STEADY 8K Steady | 24 TEMPO 6K Tempo Run | 25 HILLS 2-3K Plus 8 Hill Repeats | 26 | 27 |
| 28 18K Long Run | 29 | 30 Cut Down 2 x 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets | 31 FLOAT 6K Float Run | | | |
| | | | | | |  |

2024 Ottawa HALF Marathon Schedule

February 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------|--------|--|---------------------------------|---|------------------------------|---|
| | | | | 1 PYLONS 2-3K Plus 3 Sets+ | 2 | 3 |
| 4 16K Long Run | 5 | 6 HOURRun Run as far as you can in 60 Minutes | 7 | 8 HILLS 2-3K Plus 10 Hill Repeats | 9 EASY 6K Easy Run | 10 |
| 11 18K Long Run | 12 | 13 1-2 Punch 5x 1minHD 2minEZ 2minHD 1minEZ | 14 EASY 6K Easy Run | 15 PYLONS 2-3K Plus 4 Sets | 16 | 17 |
| 18 16K Special | 19 | 20 BUILD 3K EZ, 3K Med, 2K Strong | 21 TEMPO 7K Tempo Run | 22 EASY 8K Easy Run | 23 | 24 |
| 25 16K Long Run | 26 | 27 Cut Down 2 x 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets | 28 | 29 The REID 3K + 35 Minutes of Rolling Hills | |  |
| | | | | | | |

2024 Ottawa HALF Marathon Schedule

March 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------|--------|--|-------------------------------|---|-------------------------------|---|
| | | | | | 1 EASY 7K Easy Run | 2 |
| 3 18K Long Run | 4 | 5 HOUR Run Run as far as you can in 60 Minutes | 6 | 7 PYRAMID 1,2,3,4,4,3,2,1 Hard then EZ | 8 | 9 EASY 8K Easy Run |
| 10 16K Long Run | 11 | 12 1-2 Punch 5x 1minHD 2minEZ 2minHD 1minEZ | 13 | 14 TEMPO 7K Tempo Run | 15 EASY 7K Easy Run | 16 |
| 17 16K Special | 18 | 19 Cut Down 2 x 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets | 20 EASY 6K Easy Run | 21 BUILD 3K EZ, 3K Med, 3K Strong | 22 | 23 |
| 24 18K Long Run | 25 | 26 TEMPO 8K Tempo Run | 27 | 28 The REID 3K + 35 Minutes of Rolling Hills | 29 EASY 7K Easy Run | 30 |
| 31 20K Long Run | | | | | |  |


2024 Ottawa HALF 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 | 4 TRACK 4x200, 4x400, 1x800, 2x200 | 5 EASY 8K Easy Run | 6 |
| 7 18K Long Run | 8 | 9 1-2 Punch 6x 1minHD 2minEZ 2minHD 1minEZ | 10 | 11 TRACK 2x200, 4x400, 2x800, 2x200 | 12 | 13 TEMPO 6K Tempo Run |
| 14 16K Special | 15 | 16 3,4,5 KICK 3K+1x3,3,4,4,5,5 Min HD then EZ | 17 | 18 TRACK 4x400, 3x1200 1x400(fastest) | 19 | 20 EASY 8K Easy Run |
| 21 22K Long Run | 22 | 23 TEMPO 8K Tempo Run | 24 EASY 6K Easy Run | 25 The REID 3K + 35 Minutes of Rolling Hills | 26 | 27 |
| 28 18K Long Run | 29 | 30 Cut Down 2 x 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets | | | |  |
| | | | | | | |

2024 Ottawa HALF Marathon Schedule

May 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------|--------|---|-----------|---|--------------------------------------|---|
| | | | 1 | 2 PYRAMID 1,2,3,4,4,3,2,1 Hard then EZ | 3 | 4 EASY 8K Easy Run |
| 5 24K Long Run | 6 | 7 3,4,5 KICK 3K+1x3,3,4,4,5,5 Min HD then EZ | 8 | 9 TRACK 2x400, 3x800, 1x1200, 2x400 | 10 EASY 5K Recovery Run | 11 |
| 12 44K Long Run | 13 | 14 RacePace 6x1K @ Target Race Pace | 15 | 16 EASY 8K Easy Run | 17 | 18 EASY 5K Easy Run |
| 19 10K Long Run | 20 | 21 EASY 6K Run with 5 Accelerations | 22 | 23 EASY 30 Minute Super Easy Run | 24 | 25 JOG+ 3K Jog with 5 Accelerations |
| 26 RACE! | 27 | 28 | 29 | 30 | 31 |  |
| | | | | | | |