


2025 Ottawa FULL Marathon

November 2024

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

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December 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 12K LONG RUN	2	3 EASY 8K EASY RUN	4	5 JUST RUN 10K RUN	6 BUILDUP 2x3K Progress from EZ - Fluid	7
8 14K LONG RUN	9	10 EASY 8K+ EASY RUN	11	12 YES! 8K HOLIDAY RUN BURLINGTON	13	14 EASY 6K EASY RUN
15 14K LONG RUN	16	17 RUN! 8-10K Get your legs and friends going!	18 EASY 6K EASY RUN	19 LET'S GO! 2x4K Progress from EZ - Fluid	20	21 BQ/PB 6K TEMPO RUN
22 16K LONG RUN	23	24 RUN! 8-10K Get your legs and friends going!	25	26 JUST RUN 10K RUN	27 BQ/PB 8K STEADY RUN	28 EASY 6K EASY RUN
29 16K LONG RUN	30	31 1-2 Punch 6 x 1minHD 2minEZ 2minHD 1minEZ				




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January 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 BUILDUP 3x3K Progress from EZ - Strong	3 EASY 6K Easy Run	4
5 18K LONG RUN	6	7 1 HOUR! As far as you can run in 60 minutes	8 BQ/PB 9K Easy Run	9 The REID 50 Minutes of Rolling Hills	10	11 TEMPO 6K Tempo Run
12 14K LONG RUN	13	14 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ	15	16 STEADY 8K Steady Run	17	18 EASY 5K Easy Run
19 20K LONG RUN	20	21 1-2 Punch 7 x 1minHD 2minEZ 2minHD 1minEZ	22 EASY 6-7K Easy Run	23 HILLS 7 Long Hill Repeats	24	25 BQ/PB 8-10K Tempo Run
26 16K SPECIAL	27	28 8x90/90 90 sec @ 10K RP 90 sec Easy Jog	29 BQ/PB 1 Hour Run Steady Pace	3 PYLONS 2-3K Plus 3 Sets	31 EASY 6-7K Easy Run	


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February 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 22K LONG RUN	3	4 1 HOUR! As far as you can run in 60 minutes	5 BQ/PB 12K Build by 4K EZ, Med, Med+	6 HILLS 8 Long Hill Repeats	7	8 TEMPO 8K Tempo Run
9 20K LONG RUN	10	11 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ	12	13 PYLONS 2-3K Plus 3.5 Sets	14 EASY 8K Easy Run	15
16 24K LONG RUN	17	18 Slow&Long 11-12K Recovery Run	19	20 BUILD 9K Build by 3K	21 EASY 7K Easy Run	22 BQ/PB 10K Tempo Run
23 16K SPECIAL	24	25 10x90/90 90 sec @ 10K RP 90 sec Easy Jog	26 BQ/PB 1 Hour Run Steady Pace	27 HILLS 9 Long Hill Repeats	28	

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March 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 TEMPO 8K Tempo Run
2 21K LONG RUN	3	4 1 HOUR! As far as you can run in 60 minutes	5 BQ/PB 12K Build by 4K EZ, Med, Med+	6 PYLONS 2-3K Plus 4 Sets	7 EASY 10K Easy Run	8
9 26K LONG RUN	10	11 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ	12	13 The REID 60 Minutes of Rolling Hills	14	15 EASY 8K Easy Run
16 28K LONG RUN	17	18 SPEEDUP 2x5K Progress from EZ to FAST	19	20 FARTLEKS 8K Choice of Interval Lengths	21 EASY 7K Easy Run	22 BQ/PB 10K Tempo Run
23 16K SPECIAL	24	25 12x90/90 90 sec @ 10K RP 90 sec Easy Jog	26 BQ/PB 1 Hour Run Steady Pace	27 TRACK 4x4x400m 3 min b/w sets	28 EASY 7K Easy Run	29
30 30K LONG RUN	31					

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April 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 1 HOUR! As far as you can run in 60 minutes	2 BQ/PB 12K Build by 4K EZ, Med, Med+	3 The REID 60 Minutes of Rolling Hills	4	5 TEMPO 10K Tempo Run
6 24K LONG RUN	7	8 CUT DOWN 2 x 5, 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	9	10 BUILD 12K Build by 3K EZ, Med, Med+, Fast	11 EASY 6K Easy Run	12
13 32K LONG RUN	14	15 Slow&Long 12-14K Recovery Run	16	17 TRACK 4x400m, 2x800m, 1600m, 4x400m	18 EASY 10K Easy Run	19 BQ/PB 10K Tempo Run
20 16K SPECIAL	21	22 1 HOUR! As far as you can run in 60 minutes	23 BQ/PB 2x3200m Track In & Outs	24 TRACK 200,400,800, 1200,1600,1200, 800,400,200	25 EASY 8K Easy Run	26
27 33K LONG RUN	28	29 SPEEDUP 2x5K Progress from EZ to FAST	30 EASY 8K Easy Run			

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May 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 TRACK 3x400m 5x1200m	2	3 TEST Test Marathon Meal & Gear
4 36K LONG RUN	5	6 FLUSH 8-10K Flush out the legs run	7 BQ/PB 2x3200m Track In & Outs	8 TRACK 4x400m 4x1600m	9	10 EASY 9K Easy Run
11 20K LONG RUN	12	13 Race Pace 8x1K @ Target Race Pace	14	15 SPEEDUP 1x8K Progress from EZ to FAST	16	17 EASY 8K Easy Run
18 12K LONG RUN	19	20 GIDDYUP 6K Run with 5 Accelerations	21	22 EASY 7K Easy Run	23	24 JOG+ 5K Easy Run + 3 Accelerations
25 Race Day!	26	27	28	29	30	31
						