

# 2025 Ottawa HALF Marathon

## November 2024

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

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## December 2024

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




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## January 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 <b>BUILDUP</b> 3x3K Progress from EZ - Strong	3 <b>EASY</b> 5K Easy Run	4
5 <b>14K LONG RUN</b>	6	7 <b>1 HOUR!</b> As far as you can run in 60 minutes	8 <b>PB</b> 9K Easy Run	9 <b>The REID</b> 45 Minutes of Rolling Hills	10	11 <b>TEMPO</b> 6K Tempo Run
12 <b>14K LONG RUN</b>	13	14 <b>2,3,4 KICK</b> 3K+2x2,2,3,3,4,4 Min HD then EZ	15	16 <b>STEADY</b> 8K Steady Run	17	18 <b>EASY</b> 5K Easy Run
19 <b>16K LONG RUN</b>	20	21 <b>1-2 Punch</b> 6 x 1minHD 2minEZ 2minHD 1minEZ	22 <b>EASY</b> 6K Easy Run	23 <b>HILLS</b> 6 Long Hill Repeats	24	25 <b>PB</b> 6K Tempo Run
26 <b>12K SPECIAL</b>	27	28 <b>7x90/90</b> 90 sec @ 10K RP 90 sec Easy Jog	29 <b>PB</b> 1 Hour Run Steady Pace	3 <b>PYLONS</b> 2-3K Plus 3 Sets	31 <b>EASY</b> 6K Easy Run	


# 2025 Ottawa HALF Marathon

## February 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 <b>18K LONG RUN</b>	3	4 <b>1 HOUR!</b> As far as you can run in 60 minutes	5 <b>PB</b> 9K Build by 3K EZ, Med, Med+	6 <b>HILLS</b> 6 Long Hill Repeats	7	8 <b>TEMPO</b> 6K Tempo Run
9 <b>12K LONG RUN</b>	10	11 <b>Slow&amp;Long</b> 10K Recovery Run	12	13 <b>PYLONS</b> 2-3K Plus 2.5 Sets	14 <b>EASY</b> 6K Easy Run	15
16 <b>18K LONG RUN</b>	17	18 <b>2,3,4 KICK</b> 3K+2x2,2,3,3,4,4 Min HD then EZ	19	20 <b>BUILD</b> 9K Build by 3K	21 <b>EASY</b> 6K Easy Run	22 <b>PB</b> 7K Tempo Run
23 <b>16K SPECIAL</b>	24	25 <b>8x90/90</b> 90 sec @ 10K RP 90 sec Easy Jog	26 <b>PB</b> 1 Hour Run Steady Pace	27 <b>HILLS</b> 7 Long Hill Repeats	28	


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## March 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <b>TEMPO</b> 6K Tempo Run
2 <b>18K LONG RUN</b>	3	4 <b>1 HOUR!</b> As far as you can run in 60 minutes	5 <b>PB</b> 9K Build by 3K EZ, Med, Med+	6 <b>PYLONS</b> 2-3K Plus 3 Sets	7 <b>EASY</b> 8K Easy Run	8
9 <b>14K LONG RUN</b>	10	11 <b>2,3,4 KICK</b> 3K+2x2,2,3,3,4,4 Min HD then EZ	12	13 <b>The REID</b> 45 Minutes of Rolling Hills	14	15 <b>EASY</b> 8K Easy Run
16 <b>18K LONG RUN</b>	17	18 <b>SPEEDUP</b> 2x4K Progress from EZ to FAST	19	20 <b>FARTLEKS</b> 7K Choice of Interval Lengths	21 <b>EASY</b> 6K Easy Run	22 <b>PB</b> 8K Tempo Run
23 <b>16K SPECIAL</b>	24	25 <b>10x90/90</b> 90 sec @ 10K RP 90 sec Easy Jog	26 <b>PB</b> 1 Hour Run Steady Pace	27 <b>TRACK</b> 3x4x400m 3 min b/w sets	28 <b>EASY</b> 7K Easy Run	29
30 <b>20K LONG RUN</b>	31					

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## April 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1 1 HOUR!</b> As far as you can run in 60 minutes	<b>2 PB</b> 9K Build by 3K EZ, Med, Med+	<b>3 The REID</b> 50 Minutes of Rolling Hills	<b>4</b>	<b>5 TEMPO</b> 8K Tempo Run
<b>6 14K LONG RUN</b>	<b>7</b>	<b>8 CUT DOWN</b> 2 x 4, 3, 2, 1 1 Min EZ b/w Efforts, 3 Min EZ b/w Sets	<b>9</b>	<b>10 BUILD</b> 9K Build by 3K EZ, Med, Med+, Fast	<b>11 EASY</b> 6K Easy Run	<b>12</b>
<b>13 20K LONG RUN</b>	<b>14</b>	<b>15 Slow&amp;Long</b> 10-11K Recovery Run	<b>16</b>	<b>17 TRACK</b> 2x400m, 2x800m, 1200m, 2x400m	<b>18 EASY</b> 8K Easy Run	<b>19 PB</b> 10K Tempo Run
<b>20 16K SPECIAL</b>	<b>21</b>	<b>22 1HOUR!</b> As far as you can run in 60 minutes	<b>23 PB</b> 2x2400m Track In & Outs	<b>24 TRACK</b> 200,400,800,1200, 800,400,200	<b>25 EASY</b> 6K Easy Run	<b>26</b>
<b>27 22K LONG RUN</b>	<b>28</b>	<b>29 SPEEDUP</b> 2x4K Progress from EZ to FAST	<b>30 EASY</b> 6K Easy Run			

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## May 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 <b>TRACK</b> 3x400m 2x1200m	2	3 <b>TEST</b> Test Race Meal & Gear
4 <b>24K LONG RUN</b>	5	6 <b>FLUSH</b> 7K Flush out the legs run	7 <b>PB</b> 2x2400m Track In & Outs	8 <b>TRACK</b> 4x400m 3x1200m	9	10 <b>EASY</b> 7K Easy Run
11 <b>14K LONG RUN</b>	12	13 <b>Race Pace</b> 7x1K @ Target Race Pace	14	15 <b>SPEEDUP</b> 1x6K Progress from EZ to FAST	16	17 <b>EASY</b> 5K Easy Run
18 <b>10K LONG RUN</b>	19	20 <b>GIDDYUP</b> 6K Run with 5 Accelerations	21	22 <b>EASY</b> 7K Easy Run	23	24 <b>JOG+</b> 5K Easy Run + 3 Accelerations
25 <b>Race Day!</b>	26	27	28	29	30	31
						