

Ironman Ottawa RUN-ONLY 2025

June 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
[PLEASE remember to Add BRICK workouts or Triathlon races to this schedule, You need to run off the bike to train for how your legs will feel when you race.]						
8	9	10	11	12	13	14
15 START! 22K Long Run	16	17 EASY 10K Easy Run Meet w Friends!	18	19 JUST RUN 10K Run	20	21
22 24K Long Run	23	24 BUILDUP 2x5K Progress from EZ – Fluid	25	26 The REID 50 Minutes of Rolling Hills	27	28
29 26K Long Run	30					

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July 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 1 HOUR! As far as you can run in 60 minutes	2	3 TRILLS 10 Trail Hill Repeats	4	5
6 29K Long Run	7	8 12x90/90 90 sec @ 10K RP 90 sec Easy Jog	9	10 S-HILL'S 3K + 12 Hills + 3K	11	12
13 32K Long Run	14	15 FLUSH 9K Flush out the legs run	16	17 TEMPO 10K Tempo Run	18	19
20 24K Long Run 5x Hard Efforts	21	22 PYRAMID 1,1-2,2-3,3-4,4-5,5- 4,4-3,3-2,2-1,1 Hard then EZ	23	24 TRACK 4x400m 4x1600m	25	26
27 16K Long Run	28	29 GIDDYUP 6K Run with 5 Accelerations	30	31 SPEEDUP 2x4K Progress from EZ to FAST		

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August 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 EASY 5K Easy Run
3 Race Day!	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
31						