

Ottawa Army Commander's Challenge 2025

June 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15 START! 12K Long Run	16	17 EASY 6K Easy Run Meet w Friends!	18	19 JUST RUN 8K Run	20 EASY 6K Easy Run	21
22 14K Long Run	23	24 BUILDUP 2x3K Progress from EZ – Fluid	25	26 The REID 36 Minutes of Rolling Hills	27 EASY 6K Easy Run	28 PB 4K Tempo Run
29 16K 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 7 Trail Hill Repeats	4 EASY 7K Easy Run	5
6 16K Long Run	7	8 8x90/90 90 sec @ 10K RP 90 sec Easy Jog	9 PB 5K Easy Run	10 PYLONS 2-3K Plus 3 Sets	11	12 BUILDUP 2x4K Progress from EZ - Fluid
13 16K Special!	14	15 S-HILL'S 3K + 9 Hills + 3K	16 EASY 6K Easy Run	17 TEMPO 6K Tempo Run	18	19 PB 7K Easy Run
20 18K Long Run	21	22 PYRAMID 1,1-2,2-3,3-4,4-3,3-2,2-1,1 Hard then EZ	23	24 TRILLS 8 Trail Hill Repeats	25 EASY 7K Easy Run	26
27 20K Long Run	28	29 1-2 Punch 7 x 1minHD 2minEZ 2minHD 1minEZ	30 PB 6K Easy Run	31 The REID 45 Minutes of Rolling Hills		

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August 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 TEMPO 7K Tempo Run
3 20K Long Run	4	5 1 HOUR! As far as you can run in 60 minutes	6	7 PYLONS 2-3K Plus 3 Sets	8 EASY 6K Easy Run	9
10 16K Special!	11	12 S-HILL'S 3K + 11 Hills + 3K	13 EASY 8K Easy Run	14 TRACK Whistle Workout with Dr. Stevil	15	16 PB 6K Tempo Run
17 22K Long Run To CN Tower!	18	19 10x90/90 90 sec @ 10K RP 90 sec Easy Jog	20 PB 9K Recovery Run	21 TRACK 3x400m, 2x800m, 1200m, 3x400m	22	23 TEMPO 7K Tempo Run
24 24K Long Run Progression 2RP	25	26 SPEEDUP 2x5K Progress from EZ to FAST	27 PB 10K run – last 4K@RacePace	28 TRACK 4x400m 2x1600m	29 EASY 6K Easy Run	30
31 27K Long Run Test Race Gear						

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September 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 FLUSH 8K Flush out the legs run	3	4 FLOAT 9K Float On Run	5	6 TEMPO 8K Tempo Run
7 15K Long Run	8	9 RacePace 6x1K @ Target Race Pace	10 PB 6K Easy Run	11 SPEEDUP 2x5K Progress from EZ to FAST	12	13 EASY 6K Easy Run
14 10K Long Run	15	16 GIDDYUP 5K Run with 5 Accelerations	17	18 EASY 6K Easy Run	19	20 JOG+ 5K Easy Run + 3 Accelerations
21 Race Day!	22	23	24	25	26	27
28	29	30				