

Ottawa Army Half Marathon 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! 10K Long Run	16	17 EASY 6K Easy Run Meet w Friends!	18	19 JUST RUN 6K Run	20 EASY 5K Easy Run	21
22 12K Long Run	23	24 BUILDUP 2x3K Progress from EZ – Fluid	25	26 The REID 30 Minutes of Rolling Hills	27 EASY 5K Easy Run	28 PB 4K Tempo Run
29 12K 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 6 Trail Hill Repeats	4 EASY 5K Easy Run	5
6 14K Long Run	7	8 7x90/90 90 sec @ 10K RP 90 sec Easy Jog	9 PB 5K Easy Run	10 PYLONS 2-3K Plus 2-3 Sets	11	12 BUILDUP 2x3K Progress from EZ - Fluid
13 12K Special!	14	15 S-HILL'S 3K + 7 Hills + 3K	16 EASY 5K Easy Run	17 TEMPO 6K Tempo Run	18	19 PB 7K Easy Run
20 16K 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 7 Trail Hill Repeats	25 EASY 5K Easy Run	26
27 18K Long Run	28	29 1-2 Punch 6 x 1minHD 2minEZ 2minHD 1minEZ	30 PB 6K Easy Run	31 The REID 40 Minutes of Rolling Hills		

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August 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 TEMPO 6K 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 5K Easy Run	9
10 16K Special!	11	12 S-HILL'S 3K + 10 Hills + 3K	13 EASY 6K Easy Run	14 TRACK Whistle Workout with Dr. Stevil	15	16 PB 6K Tempo Run
17 22K Long Run To CN Tower!	18	19 9x90/90 90 sec @ 10K RP 90 sec Easy Jog	20 PB 9K Recovery Run	21 TRACK 2x400m, 2x800m, 1200m, 2x400m	22	23 TEMPO 6K Tempo Run
24 14K Long Run Progression 2RP	25	26 SPEEDUP 2x4K Progress from EZ to FAST	27 PB 8K run – last 4K@RacePace	28 TRACK 4x400m 2x1600m	29 EASY 6K Easy Run	30
31 24K 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 7K Tempo Run
7 14K Long Run	8	9 RacePace 6x1K @ Target Race Pace	10 PB 6K Easy Run	11 SPEEDUP 2x4K 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				