

2026 Ottawa Half Marathon

November 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 8K Long Run	3	4 EASY 7K Easy Run	5	6 JUST RUN 7K Run	7	8
9 8K Long Run	10	11 EASY REMEMBER A LOSS 7K	12	13 JUST RUN 7K Run	14 BONUS Run a bonus 5K!	15
16 8-10K Long Run	17	18 EASY 7K Easy Run	19	20 JUST RUN 8K Run	21	22
23 10K Long Run	24	25 BUILDUP 2x3K Progress from EZ – Fluid	26	27 EASY 7K Run	28	29 BONUS Run a bonus 5K!
30 10K Long Run						

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December 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 EASY 7K Easy Run	3	4 JUST RUN 7K Run	5 BONUS Run a bonus 5K!	6
7 10K Long Run	8	9 EASY 7K Easy Run	10	11 LAUNCH 6-8K Easy Run	12 EASY 6K Easy Run	13 PB 6K BUILD Run
14 FIRST 10-12K Long Run	15	16 FRIENDS Join Others for 7K Run	17	18 LET'S GO! 8K Christmas Lights Run	19 EASY 7K Easy Run	20
21 13K Long Run	22	23 BUILDUP 2x3K Progress from EZ – Fluid	24 EASY 6K Easy Run	25	26 EASY 7K Easy Run	27
28 12K Special	29	30 The REID 30 Minutes of Rolling Hills	31			

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January 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 DUST-OFF 8K Dust-Off run	2	3 EASY 7K Easy Run
4 12K Long Run	5	6 1 HOUR! As far as you can run in 60 minutes	7 EASY 8K Easy Run	8 HILLS 6 Hill Repeats	9	10
11 14K Long Run	12	13 S-HILL'S 3K + 9 Hills + 3K	14 PB 8K Easy Run	15 JUST RUN 8K Easy Run	16	17 EASY 6K Easy Run
18 16K Long Run	19	20 6x90/90 90 sec @ 10K RP 90 sec Easy Jog	21	22 HILLS 6 Hill Repeats	23	24 TEMPO 6K Tempo Run GO!
25 16K Special	26	27 FARTLEKS Team or solo 8K	28 PB 6K Run with 2x3min @ RP	29 PYLONS 3 Sets	30	31 BUILDUP 2x3K Progress from EZ – Fluid
						

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February 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 14K Long Run	2	3 1 HOUR! As far as you can run in 60 minutes	4	5 The REID 30 Minutes of Rolling Hills	6 EASY 6K Easy Run	7
8 16K Long Run Progression	9	10 S-HILL'S 3K + 10 Hills + 3K	11 PB 4K Easy, 4K Tempo	12 HILLS 7 Hill Repeats +	13	14 EASY 7K Easy Run
15 18K Long Run	16	17 1-2 Punch 6 x 1minHD 2minEZ 2minHD 1minEZ	18	19 PYLONS 3 Sets +	20	21 TEMPO 6K Tempo Run GO!
22 16K Special	23 EASY 5K Easy Run	24 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ	25 PB 9K Light Run	26 JUST RUN 9K Run	27	28
						

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March 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 18K Long Run	2	3 1 HOUR! As far as you can run in 60 minutes	4	5 The REID 30 Minutes of Rolling Hills	6 6x90/90 90 sec @ 10K RP 90 sec Easy Jog	7 NOTE! Clocks Ahead 1 Hour
8 14K Long Run With 6K@RP	9	10 S-HILL'S 3K + 10 Hills + 3K	11 PB 9K Light Run	12 JUST RUN 9K Easy Run	13	14 EASY 5K Run with 4 accelerations
15 20K Long Run	16	17 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ	18	19 FARTLEKS Team or solo 7K	20	21 TEMPO 7K Tempo Run GO!
22 16K Special	23	24 VO2 Max 10Min EZ + 3Min @ 95% X3	25 PB 10K Light Run	26 WHISTLE Whistle Track work w Dr. Stevil	27 EASY 7K Easy Run	28
29 20K Long Run	30	31 The REID 30 Minutes of Rolling Hills				

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April 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 FARTLEKS Team or solo 8K	3	4 EASY 8K Easy Run
5 RP DRILL 14K Long Run With 2x3K @RP	6	7 1 HOUR! As far as you can run in 60 minutes	8 EASY 7K Easy Run	9 IN & OUTS 2x2800m Track In & Outs	10	11
12 22K Long Run	13	14 Race Pace 6x1K @ Target Race Pace	15 PB 9K Light Run	16 1-2 Punch 7 x 1minHD 2minEZ 2minHD 1minEZ	17	18 TEMPO 7K Tempo Run GO!
19 16K Special	20	21 VO2 Max 8Min EZ + 3Min @ 95% X4	22 EASY 6K Easy Run	23 TRACK 3x400m + 3x1200m	24	25 PB 45 Minute Easy Run
26 20K Long Run	27	28 EASY 10K Easy Run	29	30 TRACK 4x400m + 4x1200m		
						

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May 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 EASY 8K Easy Run	2
3 24K Long Run	4	5 FLUSH 6K Flush out the legs run	6 PB 10K Light Run	7 6x90/90 90 sec @ 10K RP 90 sec Easy Jog	8	9 TEMPO 6K Tempo Run GO!
10 14K Long Run Last 3K@RP	11	12 Race Pace 6x1K @ Target Race Pace	13 PB 8K Easy Run	14 SPEEDUP 2x4K Progress from EZ to FAST	15	16 EASY 6K Easy Run
17 10K Long Run	18	19 GIDDYUP 5K Run with 5 accelerations	20	21 EASY 6K Easy Run	22	23 JOG+ 4K Easy Run + 3 Accelerations
24 RACE!	25	26	27	28	29	30
31						