

2026 Ottawa Marathon

November 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 8-10K Long Run	3	4 EASY 7K Easy Run	5	6 JUST RUN 7K Run	7	8
9 8-10K Long Run	10	11 EASY REMEMBER A LOSS 7K	12	13 JUST RUN 7K Run	14 BONUS Run a bonus 5K!	15
16 10K Long Run	17	18 EASY 8K Easy Run	19	20 JUST RUN 8K Run	21	22
23 10K Long Run	24	25 BUILDUP 2x4K Progress from EZ – Fluid	26	27 EASY 8K Run	28	29 BONUS Run a bonus 5K!
30 12K 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 8K Run	5 BONUS Run a bonus 5K!	6
7 12K Long Run	8	9 EASY 7K Easy Run	10	11 LAUNCH 6-8K Easy Run	12 EASY 6K Easy Run	13 BQ/PB 6K BUILD Run
14 FIRST 10-12K Long Run	15	16 FRIENDS Join Others for 7-8K Run	17	18 LET'S GO! 8K Christmas Lights Run	19 EASY 7K Easy Run	20
21 12-14K Long Run	22	23 BUILDUP 2x4K Progress from EZ – Fluid	24 EASY 6K Easy Run	25	26 EASY 8K Easy Run	27
28 12K Special	29	30 The REID 40 Minutes of Rolling Hills	31 BQ/PB 6K Tempo Run			

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January 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 DUST-OFF 8-10K Dust-Off run	2	3 EASY 8K Easy Run
4 14K Long Run	5	6 1 HOUR! As far as you can run in 60 minutes	7 EASY 8K Easy Run	8 HILLS 7 Hill Repeats	9	10 BQ/PB 8K Build Run
11 16K Long Run	12	13 S-HILL'S 3K + 10 Hills + 3K	14 BQ/PB 10K Easy Run	15 PYLONS 3 Sets	16	17 EASY 8K Easy Run
18 18K Long Run	19	20 8x90/90 90 sec @ 10K RP 90 sec Easy Jog	21	22 HILLS 9 Hill Repeats	23	24 TEMPO 8K Tempo Run GO!
25 16K Special	26	27 FARTLEKS Team or solo 8K	28 BQ/PB 8K Run with 2x4min @ RP	29 PYLONS 4 Sets	30	31 BUILDUP 2x4K Progress from EZ – Fluid
						

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February 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 20K Long Run	2	3 1 HOUR! As far as you can run in 60 minutes	4	5 The REID 50 Minutes of Rolling Hills	6 EASY 9K Easy Run	7
8 22K Long Run Progression	9	10 S-HILL'S 3K + 12 Hills + 3K	11 BQ/PB 4K Easy, 4K Tempo	12 HILLS 10 Hill Repeats +	13	14 EASY 9K Easy Run
15 24K Long Run	16	17 1-2 Punch 7 x 1minHD 2minEZ 2minHD 1minEZ	18	19 PYLONS 4 Sets +	20	21 TEMPO 8K Tempo Run GO!
22 16K Special	23 EASY 7K Easy Run	24 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ	25 BQ/PB 11K Light Run	26 JUST RUN 12K Run	27	28
						

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March 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 21K Long Run Last 10K @RP	2	3 1 HOUR! As far as you can run in 60 minutes	4	5 The REID 50 Minutes of Rolling Hills	6 8x90/90 90 sec @ 10K RP 90 sec Easy Jog	7 NOTE! Clocks Ahead 1 Hour
8 26K Long Run	9	10 S-HILL'S 3K + 12 Hills + 3K	11 BQ/PB 11K Light Run	12 Yasso800 6x800 w equal time recovery	13	14 EASY 6K Run with 5 accelerations
15 28K Long Run Progression	16	17 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ	18	19 FARTLEKS Team or solo 9K	20 BQ/PB 12K Light Run	21 TEMPO 9K Tempo Run GO!
22 16K Special	23	24 VO2 Max 11Min EZ + 4Min @ 95% X3	25 BQ/PB 12K Light Run	26 WHISTLE Whistle Track work w Dr. Stevil	27 EASY 9K Easy Run	28
29 30K Long Run	30	31 The REID 50 Minutes of Rolling Hills				

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April 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 FARTLEKS Team or solo 10K	3	4 EASY 10K Easy Run
5 RP DRILL 24K Long Run With 2x5K @RP	6	7 1 HOUR! As far as you can run in 60 minutes	8 EASY 7K Easy Run	9 IN & OUTS 2x3200m Track In & Outs	10	11
12 32K Long Run	13	14 Race Pace 8x1K @ Target Race Pace	15 BQ/PB 12K Light Run	16 Yasso800 8x800 w equal time recovery	17	18 TEMPO 10K Tempo Run GO!
19 16K Special	20	21 VO2 Max 8Min EZ + 4Min @ 95% X4	22 EASY 8K Easy Run	23 TRACK 3x400m + 5x1200m	24	25 BQ/PB 45 Minute Easy Run
26 34K Long Run 12-20K @RP	27	28 EASY 10K Easy Run	29	30 TRACK 4x400m + 4x1600m		
						

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May 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 EASY 8K Easy Run	2
3 37K Long Run	4	5 FLUSH 8K Flush out the legs run	6 BQ/PB 12K Light Run	7 Yasso800 10x800 w equal time recovery	8	9 TEMPO 8K Tempo Run GO!
10 20K Long Run Last 3K@RP	11	12 Race Pace 8x1K @ Target Race Pace	13 BQ/PB 9K Easy Run	14 SPEEDUP 2x5K Progress from EZ to FAST	15	16 EASY 7K Easy Run
17 14K Long Run	18	19 GIDDYUP 6K Run with 5 accelerations	20	21 EASY 7K Easy Run	22	23 JOG+ 4K Easy Run + 3 Accelerations
24 RACE!	25	26	27	28	29	30
31						