


IM Ottawa RUN ONLY 2026 June

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18 Let's Go! 8K Social Run	19	20
21 START! 24K Long Run	22	23 BUILDUP 2x4K Progress from EZ – Fluid	24	25 HILLS 10 Hill Repeats Road or Trail	26	27
28 28K Long Run	29	30 1-2Punch WU + 6 sets of: 1Min HD 2 EZ 2Min HD 1 EZ				

IM Ottawa RUN ONLY 2026 July

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 IN & OUTS 2x2400m HD on curves EZ on straights	3	4
5 21K Long Run	6	7 8x90/90 90 sec @ 10K RP 90 sec Easy Jog	8	9 TRACK 5x1K PROG. Mar, 1/2, 10K, 5K, 3K	10	11 TEMPO 40 Minute Tempo Run!!
12 32K Long Run	13	14 S-HILL'S 3K + 10 Hills + 3K	15	16 HILLS 10 Hill Repeats Road or Trail	17	18
19 24K Long Run	20	21 1-2Punch WU + 8 sets of: 1Min HD 2 EZ 2Min HD 1 EZ	22	23 YASSO 10x800m equal recovery time	24	25
26 16K Long Run	27	28 Taper Break 7K Run with 6 accelerations	29	30 EASY 6-7K Easy Run	31	

IM Ottawa RUN ONLY 2026 August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 EASY 3-5K Easy Run
2 RACE DAY!	3	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					