

## Ottawa 1/2 Marathon 2012

Week	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1 Mar. 3	10km	Rest	Rest	8km	Rest	6km/5 min Tempo	Rest
2 Mar. 10	12km	Rest	Rest	8km	Rest	6km/ Hill Repeat x 2	Rest
3 Mar. 17	14km	Rest	Rest	8km	Rest	6km/5 min Tempo	Rest
4 Mar. 24	10km	Rest	Rest	10km	Rest	6km/Hill Repeat x 2	Rest
5 Mar. 31	15km	Rest	Rest	10km	Rest	6km/90 sec sprints x 2	Rest
6 Apr. 7	17km	Rest	Rest	10km	Rest	6km/90 sec sprints x 2	Rest
7 Apr. 14	12km	Rest	Rest	10km	Rest	6km/Hill Repeat x 3	Rest
8 Apr. 21	18km	Rest	Rest	10km	Rest	8km/90 sec sprints x3	Rest
9 Apr. 28	20km	Rest	Rest	10km	Rest	8km/90 sec sprints x3	Rest
10 May 5	22km	Rest	Rest	10km	Rest	8km/Hill repeat x 3	Rest
11 May 12	15km	Rest	Rest	8km	Rest	6km/90 sec sprint x 3	Rest
12 May 19	5km	Rest	Rest	5km	Rest	5km	Ott. ½ May 27