

Ottawa 1/2 Marathon Training Program (reaching 21km)

Week	Monday	Tuesday (75% of max)	Wednesday	Thursday	Friday	Saturday (LSR)	Sunday
1 Feb 6	Rest	5-7km	Rest	5-7km	Rest	6km or hold on 10km	Rest
2 Feb 13	Rest	5-7km	Rest	5-7km	Rest	7km or hold on 10km	Rest
3 Feb 20	Rest	5-7km	Rest	5-7km	Rest	8km or hold on 10km	Rest
4 Feb 27	Rest	7km	Rest	5-7km	Rest	9km	Rest
5 Mar 6	Rest	8km	Rest	5km/ Hill Repeat x 2	Rest	11km	Rest
6 Mar 13	Rest	8km	Rest	5km/400m repeat x 4	Rest	13km	Rest
7 Mar 20	Rest	8km	Rest	6km/ 30 sec sprints x 5	Rest	12km	Rest
8 Mar 27	Rest	10km	Rest	6km/Hill repeat x 3	Rest	15km	Rest
9 Apr 3	Rest	10km	Rest	7km/400m repeat x 6	Rest	17km	Rest
10 Apr 10	Rest	10km	Rest	6km/45 sec sprint x 5	Rest	15km	Rest
11 Apr 17	Rest	10km	Rest	7km/Hill Repeat x 4	Rest	19km	Rest
12 Apr 24	Rest	10km	Rest	8km/400m repeat x 8	Rest	15km	Rest
13 May 1	Rest	10km	Rest	8km/60 sec sprints x 5	Rest	21km	Rest
14 May 8	Rest	8km	Rest	6km/hill repeat x 5	Rest	15km	Rest
15 May 15	Rest	5km	Rest	5km	Rest	5km	Rest
16 May 22	Rest	5km	Rest	4-5km	Rest	Race Day - May 28	