

Cecilia's Training Program for the 2007 Ottawa Marathon (May 27, 2007)

Part 1: Pre-marathon training base month

Week	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1	8-Jan to 14-Jan	Rest	Easy Run Dist: 3mi	Rest	Easy Run Dist: 4mi	Rest	Long Run Dist: 5mi	Easy Run Dist: 3mi	15 miles
2	15-Jan to 21-Jan	Rest	Easy Run Dist: 4mi	XT pilates & weights	Easy Run Dist: 4mi	Rest	Long Run Dist: 6mi	Easy Run Dist: 3mi	17 miles
3	22-Jan to 28-Jan	XT pilates	Easy Run Dist: 4mi	XT pilates & weights	Easy Run Dist: 4mi	Rest	Long Run Dist: 7mi	Easy Run Dist: 4mi	19 miles
4	29-Jan to 4-Feb	XT pilates	Easy Run Dist: 3mi	XT pilates & weights	Easy Run Dist: 4mi	Rest	Easy Run Dist: 5mi	Easy Run Dist: 3mi	15 miles

Part 2: 16 week marathon training program

(an altered version of a Runner's World Smart Coach program based on a 2:00:00 half-marathon time)

Week	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1	5-Feb to 11-Feb	XT pilates	Tempo Run Dist: 5mi, inc 3mi@8:54	XT pilates & weights	Easy Run Dist: 6mi @10:29	Rest	Long Run Dist: 8mi @10:29	Rest / XT	19 miles
2	12-Feb to 18-Feb	XT pilates	Speedwork Dist: 6mi, inc 2x1600@8:24 w/800 jogs	XT pilates & weights	Easy Run Dist: 6mi @10:29	Rest	Long Run Dist: 10mi @10:29	Rest / XT	21 miles
3	19-Feb to 25-Feb	XT	Tempo Run Dist: 5mi, inc 3mi@8:54	XT pilates & weights	Easy Run Dist: 6mi @10:29	Rest	Long Run Dist: 12mi @10:29	Rest / XT	23 miles
4	26-Feb to 4-Mar	XT pilates	Easy Run Dist: 6mi @10:29	XT pilates & weights	Easy Run Dist: 6mi @10:29	Rest	Easy Run Dist: 6mi @10:29	Rest / XT	18 miles
5	5-Mar to 11-Mar	XT pilates	Tempo Run Dist: 6mi, inc 4mi@8:54	XT pilates & weights	Easy Run Dist: 7mi @10:23	Rest	Long Run Dist: 14mi @10:23	Rest / XT	27 miles

Week	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
6	12-Mar to 18-Mar	XT	Speedwork Dist: 7mi, inc 3x1600@8:19 w/800 jogs	XT	Easy Run Dist: 6mi @10:23	Rest	Long Run Dist: 16mi @10:23	Rest / XT	29 miles
7	19-Mar to 25-Mar	XT	Tempo Run Dist: 6mi, inc 4mi@8:54	XT	Easy Run Dist: 7mi @10:23	Rest	Long Run Dist: 18mi @10:23	Rest / XT	31 miles
8	26-Mar to 1-Apr	XT	Easy Run Dist: 7mi @10:23	XT	Easy Run Dist: 7mi @10:23	Rest	Easy Run Dist: 7mi @10:23	Rest / XT	21 miles
9	2-Apr to 8-Apr	XT	Tempo Run Dist: 7mi, inc 5mi@8:53	XT	Easy Run Dist: 8mi @10:17	Rest	Long Run Dist: 16mi @10:17	Rest / XT	33 miles
10	9-Apr to 15-Apr	XT	Speedwork Dist: 8mi, inc 4x1600@8:14 w/800 jogs	XT	Easy Run Dist: 7mi @10:17	Rest	Long Run Dist: 20mi @10:17	Rest / XT	35 miles
11	16-Apr to 22-Apr	XT	Tempo Run Dist: 7mi, inc 5mi@8:53	XT	Easy Run Dist: 8mi @10:17	Rest	Long Run Dist: 16mi @10:17	Rest / XT	33 miles
12	23-Apr to 29-Apr	XT	Easy Run Dist: 8mi @10:17	XT	Easy Run Dist: 8mi @10:17	Rest	Easy Run Dist: 8mi @10:17	Rest / XT	24 miles
13	30-Apr to 6-May	XT	Tempo Run Dist: 5mi, inc 3mi@8:38	XT	Easy Run Dist: 10mi @10:10	Rest	Long Run Dist: 20mi @10:10	Rest / XT	35 miles
14	7-May to 13-May	XT	Speedwork Dist: 8mi, inc 4x1600@8:09 w/800 jogs	XT	Easy Run Dist: 4mi @10:10	Rest	Long Run Dist: 12mi @10:10	Rest / XT	24 miles
15	14-May to 20-May	XT	Tempo Run Dist: 5mi, inc 3mi@8:38	XT	Easy Run Dist: 3mi @10:10	Rest	Long Run Dist: 8mi @10:10	Rest / XT	16 miles
16	21-May to 27-May	Rest	Easy Run Dist: 4mi @10:29	Tempo Run Dist: 5mi, inc 3mi@8:54	Easy Run Dist: 3mi @10:29	Rest	Rest	Race Day 26 miles	38 miles