

luluRun - 2014 Ottawa 1/2 Mara Training Plan - Phase 2, 13 weeks

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
RECOVERY	24-Feb	25-Feb	26-Feb	27-Feb	28-Feb	01-Mar	02-Mar
1 Build 1	Crossfit Rest Strength	Run: 30 min @Z1	Crossfit Rest Strength	Run: 35 min ZR EASY	OFF	luluRun: 5K TT	Crossfit/Strength Yoga or 30 min EZ Run or Rest
	03-Mar	04-Mar	05-Mar	06-Mar	07-Mar	08-Mar	09-Mar
2 Build 1	Crossfit Rest Strength	40 min Run: 10-15 warmup 8 x 60sec @Z3 SPEED 10-15 cdown	Crossfit Rest Strength	Run: 35 min @Z1	OFF	luluRun: 55 min @Z1	Crossfit/Strength Yoga or 30 min EZ Run or Rest
	10-Mar	11-Mar	12-Mar	13-Mar	14-Mar	15-Mar	16-Mar
3 Build 1	Crossfit Rest Strength	60 min Run: 10-15 wup 10 x 60sec @Z3 SPEED 10-15 cdown	Crossfit Rest Strength	Run: 45 min ZR EASY	OFF	luluRun: 50 min ZR	Crossfit/Strength Yoga or 30 min EZ Run or Rest
RECOVERY	17-Mar	18-Mar	19-Mar	20-Mar	21-Mar	22-Mar	23-Mar
4 Build 2	OFF	40 min Run: 10 min wup 20 min @Z2 TEMPO 10 min cdown	Crossfit Rest Strength	Run: 35 min @Z1	OFF	lulu Run: 10K TT	Crossfit/Strength Yoga or 40 min EZ Run or Rest
	24-Mar	25-Mar	26-Mar	27-Mar	28-Mar	29-Mar	30-Mar
5 Build 2	Crossfit Rest Strength	50 Run: 10 min wup 30 min @Z2 TEMPO 10 min cdown	Crossfit Rest Strength	40 min Run: 10-15 wup 5 x 60sec @Z3 SPEED 10-15 cdown	OFF	luluRun: 70min/12K @Z1	Crossfit/Strength Yoga or 40 min EZ Run or Rest
	31-Mar	01-Apr	02-Apr	03-Apr	04-Apr	05-Apr	06-Apr
6 Build 2	OFF	40 min Run: 10-15 wup 5 x 60sec @Z3 SPEED 10-15 cdown	Crossfit Rest Strength	45 min Run: 10 min wup 25 min @Z2 TEMPO 10 min cdown	OFF	luluRun: 85 min/14K @Z1	Crossfit/Strength Yoga or 40 min EZ Run or Rest
	07-Apr	08-Apr	09-Apr	10-Apr	11-Apr	12-Apr	13-Apr
7 Build 2	Crossfit Rest Strength	55 min Run: 10 min wup 35 min @Z2 TEMPO 10 min cdown	Crossfit Rest Strength	40 min Run: 10-15 wup 5 x 60sec @Z3 SPEED 10-15 cdown	OFF	luluRun: 100 min/17K @Z1	Crossfit/Strength Yoga or 30 min EZ Run or Rest
...cont'd... pg. 2...							

...cont'd... luluRun - 2014 Ottawa 1/2 Mara Training Plan - Phase 2, 13 weeks

RECOVERY	14-Apr	15-Apr	16-Apr	17-Apr	18-Apr	19-Apr	20-Apr
8 Peak	OFF	38 min Run: 10-15 wup 4 x 60sec @Z3 SPEED 10-15 cdown	Crossfit Rest Strength	Run: 35 min @Z1	OFF	luluRun: 75 min/13K @Z1	Crossfit/Strength Yoga or 40 min EZ Run or Rest
	21-Apr	22-Apr	23-Apr	24-Apr	25-Apr	26-Apr	27-Apr
9 Peak	Crossfit Rest Strength	70 min Run: 10 min wup 50 min @Z2 TEMPO 10 min cdown	Crossfit Rest Strength	46 min Run: 10-15 wup 8 x 60sec @Z3 SPEED 10-15 cdown	OFF	luluRun: 115 min/19K @Z1	Crossfit/Strength Yoga or 30 min EZ Run or Rest
	28-Apr	29-Apr	30-Apr	01-May	02-May	03-May	04-May
10 Peak	Crossfit Rest Strength	46 min Run: 10-15 wup 8 x 60sec @Z3 SPEED 10-15 cdown	Crossfit Rest Strength	30 min Run: 10 wup 10 x 30sec @Z3 SPEED 10 cdown	OFF	luluRun: 120 min/20K @Z1	Crossfit/Strength Yoga or 30 min EZ Run or Rest
	05-May	06-May	07-May	08-May	09-May	10-May	11-May
11 Peak	OFF	Run: 35 min @Z1	Crossfit Rest Strength	30 min Run: 10 wup 10 x 30sec @Z3 SPEED 10 cdown	OFF	luluRun: 70 min/12K @Z1	Crossfit/Strength Yoga or 30 min EZ Run or Rest
	12-May	13-May	14-May	15-May	16-May	17-May	18-May
12 Race	Crossfit Rest Strength	Run: 30 min @Z1	Crossfit Rest Strength	30 min Run: 10 wup 10 x 30sec @Z3 SPEED 10 cdown	OFF	luluRun: 60 min/10K @Z1	Crossfit/Strength Yoga or 30 min EZ Run or Rest
	19-May	20-May	21-May	22-May	23-May	24-May	25-May
13 Race	Crossfit Rest Strength	Run: 15 min ZR	OFF	Run: 30 min ZR	OFF	OFF 15 mins PREACTIVE	OTTAWA Half Marathon