

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	3km	REST DAY	4km	REST DAY	REST DAY	5km	REST DAY
<b>Week 2</b>	4km	REST DAY	4km	REST DAY	5km	6km	REST DAY
<b>Week 3</b>	4km	REST DAY	5km	REST DAY	REST DAY	6km	REST DAY
<b>Week 4</b>	5km	REST DAY	5km	REST DAY	6km	7km	REST DAY
<b>Week 5</b>	6km	REST DAY	5km	REST DAY	REST DAY	6km	REST DAY
<b>Week 6</b>	8km	REST DAY	5km	REST DAY	5km	11km	REST DAY
<b>Week 7</b>	8km	REST DAY	5km	REST DAY	REST DAY	9km	REST DAY
<b>Week 8</b>	5km	REST DAY	6km	REST DAY	5km	13km	REST DAY
<b>Week 9</b>	5km	REST DAY	5km	REST DAY	REST DAY	11km	REST DAY
<b>Week 10</b>	6km	REST DAY	9km	REST DAY	8km	14km	REST DAY
<b>Week 11</b>	5km	REST DAY	5km	REST DAY	REST DAY	11km	REST DAY
<b>Week 12</b>	8km	REST DAY	9km	REST DAY	8km	16km	REST DAY
<b>Week 13</b>	6km	REST DAY	5km	REST DAY	REST DAY	13km	REST DAY
<b>Week 14</b>	9km	REST DAY	11km	REST DAY	9km	19km	REST DAY
<b>Week 15</b>	5km	REST DAY	10km	REST DAY	5km	13km	REST DAY
<b>Week 16</b>	REST DAY	6km	REST DAY	3km	REST DAY	Race day	

