Gym Progress:

1KM = 0.62miles

1mph = 1.6KPH

Weight as of 19th March: 14 Stone 6lbs (92KG and 204lbs)

Weight as of 11th May: 14 Stone 11lbs (207lbs and 93KG)

Weight of 17th June: 14 Stone 6lbs (92KG and 204lbs)

17th June – KM, Conversion in brackets

My wellness Started 13th October 2015

Weight of 23rd Oct: 15 Stone 2lbs (97KG and 213lbs)

Weight as of 7th March 2017: 16 Stone 8lbs (106KG)

WC = Weight Change (Weight as of 14th April 102KG, 16 Stone)

WC2 = Weight Change (Weight as of 25th May 97KG 15.2 Stone)

WC3 = Weight Change (Weight as of 30th June 95.5KG 15 Stone)

WC4 = Weight change (Weight as of 27th October 94.4KG 14.8 Stone)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Date | Time | Distance | Calories Burned | Speed |
| 19th March 15 | 30 mins | 3.10 Miles | 350 | 4mph (4 mins)  7mph (26 mins) |
| 20th March 15 | 30 mins | 3.10 Miles | 350 | 4mph (4 mins)  7mph (26 mins) |
| 23rd March 15 | 30 mins | 3.10 Miles | 350 | 4mph (4mins)  7mph (26 mins) |
| 24th March 15 | 30 mins | 3.10 Miles | 350 | 4mph (4 mins)  7mph (26 mins) |
| 25th March 15 | 40 mins | 4.10 Miles | 450 | 4mph (9 mins)  7mph (31 mins) |
| 26th March 15 | 30 mins | 3.10 Miles | 350 | 4mph (4 mins)  7mph (26 mins) |
| 27th March 15 | 30 mins | 3.10 Miles | 350 | 4mph (4 mins)  7mph (26 mins) |
| 31st March 15 | 30 mins | 3.10 Miles | 350 | 4mph (4 mins)  7mph (26 mins) |
| 1st April 15 | 30 mins | 3.10 Miles | 350 | 4mph (4 mins)  7mph (26 mins) |
| 7th April 15 | 30 mins | 3.40 Miles | 400 | 5mph (2 mins)  7mph (28 mins) |
| 8th April 15 | 30 mins | 3.40 Miles | 400 | 5mph (2 mins)  7mph (28 mins) |
| 9th April 15 | 30 mins | 3.40 Miles | 400 | 5mph (2 mins)  7mph (28 mins) |
| 10th April 15 | 30 mins | 3.40 Miles | 400 | 5mph (2 mins)  7mph (28 mins) |
| 13th April 15 | 30 mins | 3.40 Miles | 400 | 5mph (2 mins)  7mph (28 mins) |
| 14th April 15 | 37 mins | 4.20 Miles | 500 | 5mph (2 mins)  7mph (32 mins)  7.5mph (4 mins) |
| 15th April 15 | 30 mins | 3.40 Miles | 400 | 5mph (2 mins)  7mph (28 mins) |
| 16th April 15 | 30 mins | 3.40 Miles | 400 | 5mph (2 mins)  7mph (28 mins) |
| 17th April 15 | 30 mins | 3.40 Miles | 400 | 5mph (2 mins)  7mph (28 mins) |
| 21st April 15 | 30 mins | 3.40 Miles | 400 | 5mph (2 mins)  7mph (28 mins) |
| 22nd April 15 | 30 mins | 3.40 Miles | 400 | 5mph (2 mins)  7mph (28 mins) |
| 23rd April 15 | 30 mins | 3.40 Miles | 400 | 5mph (2 mins)  7mph (28 mins) |
| 28th April 15 | 30 mins | 3.40 Miles | 400 | 5mph (2 mins)  7mph (28 mins) |
| 1st May 15 | 30 mins | 3.45 Miles | 405 | 5mph (1 min)  7mph (29 mins) |
| 5th May 15 | 30 mins | 3.40 Miles | 400 | 5mph (2 mins)  7mph (28 mins) |
| 6th May 15 | 30 mins | 3.40 Miles | 400 | 5mph (2 mins)  7mph (28 mins) |
| 7th May 15 | 30 mins | 3.40 Miles | 400 | 5mph (2 mins)  7mph (28 mins) |
| 8th May 15 | 30 mins | 3.40 Miles | 400 | 5mph (2 mins)  7mph (28 mins) |
| 13th May 15 | 30 mins | 4.00 Miles | 460 | 8mph (30 mins)  10 mins rest |
| 20th May 15 | 30 mins | 3.40 Miles | 390 | 4mph (5 mins)  7.5mph (25 mins) |
| 22nd May 15 | 30 mins | 3.40 Miles | 390 | 4mph (5 mins)  7.5mph (25 mins) |
| 26th May 15 | 30 mins | 3.50 Miles | 420 | 5mph (5 mins)  7.5mph (25 mins) |
| 27th May 15 | 30 mins | 3.55 Miles | 420 | 5mph (4 mins)  7.5mph (26 mins) |
| 28th May 15 | 30 mins | 3.60 Miles | 425 | 5mph (3 mins)  7.5mph (27 mins) |
| 3rd June 15 | 30 mins | 3.60 Miles | 430 | 5mph (3 mins)  7.5mph (27 mins) |
| 4th June 15 | 30 mins | 3.75 Miles | 460 | 7.5mph (30 mins)  3 mins rest |
| 5th June 15 | 30 mins | 3.75 Miles | 460 | 7.5mph (30 mins)  2 mins rest |
| 10th June 15 | 30 mins | 3.75 Miles | 460 | 7.5mph (30 mins) |
| 11th June 15 | 30 mins | 3.75 Miles | 460 | 7.5mph (30 mins) |
| 12th June 15 | 30 mins | 3.75 Miles | 460 | 7.5mph (30 mins)  3 mins rest |
| 17th June 15 | 30 mins | 5.91KM (3.67 Miles) | 573 | 12.1kph (7.5mph)  (30 mins) |
| 18th June 15 | 30 mins | 5.91KM  (3.67 Miles) | 573 | 12.1kph (7.5mph) (30 mins) 1 mins rest |
| 19th June 15 | 30 mins | 5.91KM  (3.67 Miles) | 573 | 12.1kph (7.5mph) (30 mins) 1 mins rest |
| 22nd June 15 | 30 mins | 5.91KM  (3.67 Miles) | 573 | 12.1kph (7.5mph) (30 mins) |
| 1st July 15 | 15 mins | 3.00KM (1.86 Miles) | 300 | 12.5kph (7.8mph) (15 mins) |
| 2nd July 15 | 30 mins | 5.91KM (3.67 Miles) | 573 | 12.1kph (7.5mph) (30 mins) |
| 3rd July 15 | 10 mins | 2KM (1.4 Miles) | 200 | 12.4kph (7.7mph) (10 mins) |
| 9th July 15 | 30 mins | 6.10KM (3.79 Miles) | 591 | 12.4kph (7.7mph) (30 mins) 2 mins rest |
| 10th July 15 | 10 mins | 2.10KM (1.30 Miles) | 200 | 12.9kph (8mph) (10 mins) |
| 13th July 15 | 10 mins | 2.10KM (1.30 Miles) | 200 | 12.9kph (8mph) (10 mins) |
| 22nd July 15 | 30 mins | 6.10KM (3.79 Miles) | 591 | 12.4kph (7.7mph) (30 mins) 4 mins rest |
| 23rd July 15 | 10 mins | 2.10KM (1.30 Miles) | 200 | 12.9kph (8mph) (10 mins) |
| 29th July 15 | 30 mins | 6.10KM (3.79 Miles) | 591 | 12.4kph (7.7mph) (30 mins) 3 mins rest |
| 30th July 15 | 15 mins | 3.05KM (1.90 Miles) | 290 | 12.7kph (7.7mph) (15 mins) |
| 31st July 15 | 30 mins | 6.10KM (3.79 Miles) | 591 | 12.4kph (7.7mph) (30 mins) 6 mins rest |
| 5th August 15 | 30 mins | 6.10KM (3.79 Miles) | 591 | 12.4kph (7.7mph) (30 mins) 3 mins rest |
| 7th August 15 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) 2 mins rest |
| 12th August 15 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) 2 mins rest |
| 13th August 15 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) 5 mins rest |
| 14th August 15 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (2 mins rest) |
| 19th August 15 | 30 mins | 6.20Km (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (2 mins rest) |
| 20th August 15 | 10 mins | 2.10KM (1.30 Miles) | 200 | 12.9kph (8mph) (10 mins) |
| 21st August 15 | 10 mins | 2.10KM (1.30 Miles) | 200 | 12.9kph (8mph) (10 mins) |
| 25th August 15 | 10 mins | 2.10KM (1.30 Miles) | 200 | 12.9kph (8mph) (10 mins) |
| 2nd Sept 15 | 10 mins | 2.10KM (1.30 Miles) | 200 | 12.9kph (8mph) (10 mins) |
| 3rd Sept 15 | 10 mins | 2.10KM (1.30 Miles) | 200 | 12.9kph (8mph) (10 mins) |
| 4th Sept 15 | 10 mins | 2.10KM (1.30 Miles) | 200 | 12.9kph (8mph) (10 mins) |
| 9th Sept 15 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (6 mins rest) |
| 10th Sept 15 | 10 mins | 2.10KM (1.30 Miles) | 200 | 13.0kph (8mph) (10 mins) |
| 11th Sept 15 | 10 mins | 2.10KM (1.30 Miles) | 200 | 13.0kph (8mph) (10 mins) |
| 15th Sept 15 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (6 mins rest) |
| 16th Sept 15 | 10 mins | 2.10KM (1.30 Miles) | 200 | 13.0kph (8mph) (10 mins) |
| 17th Sept 15 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (4 mins rest) |
| 22nd Sept 15 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (4 mins rest) |
| 23rd Sept 15 | 10 mins | 2.10KM (1.30 Miles) | 200 | 13.0kph (8mph) (10 mins) |
| 24th Sept 15 | 10 mins | 2.10KM (1.30 Miles) | 200 | 13.0kph (8mph) (10 mins) |
| 25th Sept 15 | 32 mins | 6.40KM (4.00 Miles) | 640 | 12.5kph (7.7mph) (32 mins) (4 mins rest) |
| 29th Sept 15 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (3 mins rest) |
| 30th Sept 15 | 10 mins | 2.10KM (1.30 Miles) | 200 | 13.0kph (8mph) (10 mins) |
| 1st Oct 15 | 10 mins | 2.10KM (1.30 Miles) | 200 | 13.0kph (8mph) (10 mins) |
| 6th Oct 15 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (3 mins rest) |
| 7th Oct 15 | 10 mins | 2.10KM (1.30 Miles) | 200 | 13.0kph (8mph) (10 mins) |
| 8th Oct 15 | 10 mins | 2.10KM (1.30 Miles) | 200 | 13.0kph (8mph) (10 mins) |
| 9th Oct 15 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (3 mins rest) |
| 13th Oct 15 | 10 mins | 2.10KM (1.30 Miles) | 200 | 13.0kph (8mph) (10 mins) |
| 14th Oct 15 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (2 mins rest) |
| 15th Oct 15 | 10 mins | 2.10KM (1.30 Miles) | 200 | 13.0kph (8mph) (10 mins) |
| 16th Oct 15 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (PB) |
| 20th Oct 15 | 10 mins | 2.10KM (1.30 Miles) | 200 | 13.0kph (8mph) (10 mins) |
| 21st Oct 15 | 10 mins | 2.10KM (1.30 Miles) | 200 | 13.0kph (8mph) (10 mins) |
| 22nd Oct 15 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (3 mins rest) |
| 23rd Oct 15 | 32 mins | 6.60KM (4.10 Miles) | 650 | 12.5kph (7.7mph) (32 mins) (2 mins rest) |
| 27th Oct 15 | 31 mins | 6.40KM (4 Miles) | 640 | 12.5kph (7.7mph) (31 mins) (2 mins rest) |
| 29th Oct 15 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (3 mins rest) |
| 30th Oct 15 | 32 mins | 6.60KM (4.10 Miles) | 650 | 12.5kph (7.7mph) (32 mins) (2 mins rest) |
| 3rd Nov 15 | 32 mins | 6.60KM (4.10 Miles) | 650 | 12.5kph (7.7mph) (32 mins) (4 mins rest) |
| 4th Nov 15 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (5 mins rest) |
| 5th Nov 15 | 10 mins | 2.10KM (1.30 Miles) | 200 | 13.0kph (8mph) (10 mins) |
| 6th Nov 15 | 10 mins | 2.10KM (1.30 Miles) | 200 | 13.0kph (8mph) (10 mins) |
| 11th Nov 15 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (2 mins rest) |
| 12th Nov 15 | 10 mins | 2.10KM (1.30 Miles) | 200 | 13.0kph (8mph) (10 mins) |
| 13th Nov 15 | 10 mins | 2.20KM (1.36 Miles) | 210 | 13.0kph (8mph) (9 mins) 15kph (9.3mph) (1 min) |
| 17th Nov 15 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (2 mins rest) |
| 18th Nov 15 | 10 mins | 2.10KM (1.30 Miles) | 200 | 13.0kph (8mph) (10 mins) |
| 20th Nov 15 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (2 mins rest) |
| 25th Nov 15 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (3 mins rest) |
| 26th Nov 15 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (3 mins rest) |
| 1st Dec 15 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (2 mins rest) |
| 4th Dec 15 | 10 mins | 2.10KM (1.30 Miles) | 200 | 13.0kph (8mph) (10 mins) |
| 8th Dec 15 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (1 min rest) |
| 9th Dec 15 | 10 mins | 2.10KM (1.30 Miles) | 200 | 13.0kph (8mph) (10 mins) |
| 10th Dec 15 | 10 mins | 2.10KM (1.30 Miles) | 200 | 13.0kph (8mph) (10 mins) |
| 15th Dec 15 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (3 mins rest) |
| 16th Dec 15 | 10 mins | 2.10KM (1.30 Miles) | 200 | 13.0kph (8mph) (10 mins) |
| 18th Dec 15 | 10 mins | 2.10KM (1.30 Miles) | 200 | 13.0kph (8mph) (10 mins) |
| 21st Dec 15 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (2 mins rest) |
| 22nd Dec 15 | 10 mins | 2.10KM (1.30 Miles) | 200 | 13.0kph (8mph) (10 mins) |
| 5th Jan 16 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (5 mins rest) |
| 6th Jan 16 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (5 mins rest) |
| 8th Jan 16 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (5 mins rest) |
| 12th Jan 16 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (3 mins rest) |
| 13th Jan 16 | 20 mins | 4.15KM (2.57 Miles) | 200 | 12.5kph (7.7mph) (20 mins) (1 min rest) |
| 15th Jan 16 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (3 mins rest) |
| 19th Jan 16 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (1 min rest) |
| 20th Jan 16 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (2 mins rest) |
| 22nd Jan 16 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (2 mins rest) |
| 26th Jan 16 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (2 mins rest) |
| 27th Jan 16 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (2 mins rest) |
| 29th Jan 16 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (PB) |
| 2nd Feb 16 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (1 mins rest) |
| 3rd Feb 16 | 5 mins | 1.10KM (0.68 Miles) | 105 | 13.5Kph (8.3mph) (5 mins) |
| 5th Feb 16 | 5 mins | 1.10KM (0.68 Miles) | 105 | 13.5Kph (8.3mph) (5 mins) |
| 9th Feb 16 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (3 mins rest) |
| 10th Feb 16 | 5 mins | 1.10KM (0.68 Miles) | 105 | 13.5Kph (8.3mph) (5 mins) |
| 12th Feb 16 | 5 mins | 1.10KM (0.68 Miles) | 105 | 13.5Kph (8.3mph) (5 mins) |
| 18th Feb 16 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (2 mins rest) |
| 19th Feb 16 | 5 mins | 1.11KM (0.68 Miles) | 105 | 14.0Kph (8.6mph) (5 mins) |
| 23rd Feb 16 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (2 mins rest) |
| 24th Feb 16 | 5 mins | 1.11KM (0.68 Miles) | 105 | 14.0Kph (8.6mph) (5 mins) |
| 1st March 16 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (2 mins rest) |
| 2nd March 16 | 5 mins | 1.11KM (0.68 Miles) | 105 | 14.0Kph (8.6mph) (5 mins) |
| 8th March 16 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (3 mins rest) |
| 9th March 16 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (5 mins rest) |
| 11th March 16 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (4 mins rest) |
| 15th March 16 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (1 min rest) |
| 16th March 16 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (2 mins rest) |
| 17th March 16 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (4 mins rest) |
| 18th March 16 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (3 mins rest) |
| 22nd March 16 | 30 mins | 6.20KM (3.85 Miles) | 600 | 12.5kph (7.7mph) (30 mins) (3 mins rest) |
| 23rd March 16 | 5 mins | 1.01KM (0.62 Miles) | 99 | 12.5kph (7.7mph) (5 mins) |
| 24th March 16 | 5 mins | 1.05KM (0.60 Miles) | 100 | 13.0kph (8mph) (5 mins) |
| 19th April 16 | 35 mins | 6.25KM (3.88 Miles) | 587 | 12.5kph (7.7mph) (24 mins) 6.0kph (3.7mph) (9 mins) |
| 20th April 16 | 35 mins | 6.25KM (3.88 Miles) | 587 | 12.5kph (7.7mph) (24 mins) 6.0kph (3.7mph) (9 mins) |
| 22nd April 16 | 35 mins | 6.6KM (4.10 Miles) | 620 | 12.5kph (7.7mph) (29 mins) 6.0kph (3.7mph) (6 mins) |
| 26th April 16 | 35 mins | 6.6KM (4.10 Miles) | 620 | 12.5kph (7.7mph) (29 mins) 6.0kph (3.7mph) (6 mins) |
| 27th April 16 | 35 mins | 6.8KM (4.22 Miles) | 660 | 12.5kph (7.7mph) (31 mins) 6.0kph (3.7mph) (4 mins) |
| 29th April 16 | 35 mins | 6.25KM (3.88 Miles) | 587 | 12.5kph (7.7mph) (24 mins) 6.0kph (3.7mph) (9 mins) |
| 10th May 16 | 35 mins | 6.6KM (4.10 Miles) | 620 | 12.5kph (7.7mph) (29 mins) 6.0kph (3.7mph) (6 mins) |
| 11th May 16 | 35 mins | 6.6KM (4.10 Miles) | 620 | 12.5kph (7.7mph) (29 mins) 6.0kph (3.7mph) (6 mins) |
| 12th May 16 | 35 mins | 6.7KM (4.16 Miles) | 630 | 12.5kph (7.7mph) (30 mins) 6.0kph (3.7mph) (5 mins) |
| 13th May 16 | 35 mins | 6.7KM (4.16 Miles) | 630 | 12.5kph (7.7mph) (29 mins) 7.0kph (4.3mph) (6 mins) |
| 14th May 16 | 35 mins | 6.7KM (4.16 Miles) | 630 | 12.5kph (7.7mph) (29 mins) 7.0kph (4.3mph) (6 mins) |
| 17th May 16 | 35 mins | 7KM (4.34 Miles) | 710 | 12.5kph (7.7mph) (32 mins) 7.0kph (4.3mph) (3 mins) |
| 18th May 16 | 35 mins | 6.8KM (4.22 Miles) | 690 | 12.5kph (7.7mph) (30 mins) 7.0kph (4.3mph) (5 mins) |
| 19th May 16 | 35 mins | 6.8KM (4.22 Miles) | 690 | 12.5kph (7.7mph) (30 mins) 7.0kph (4.3mph) (5 mins) |
| 20th May 16 | 35 mins | 7.10KM (4.41Miles) | 720 | 12.5kph (7.7mph) (33 mins) 7.0kph (4.3mph) (2 mins) |
| 21st May 16 | 35 mins | 6.50KM (4.03 Miles) | 650 | 12.5kph (7.7mph) (22 mins) 6.0kph (3.7mph) (7 mins) 13.5kph (8.4mph) (6 mins) |
| 24th May 16 | 5 mins | 1.16KM (0.72 Miles) | 117 | 14.0kph (8.6mph) (5 mins) |
| 25th May 16 | 5 mins | 1.16KM (0.72 Miles) | 117 | 14.0kph (8.6mph) (5 mins) |
| 26th May 16 | 5 mins | 1.16KM (0.72 Miles) | 117 | 14.0kph (8.6mph) (5 mins) |
| 27th May 16 | 5 mins | 1.16KM (0.72 Miles) | 117 | 14.0kph (8.6mph) (5 mins) |
| 31st May 16 | 5 mins | 1.16KM (0.72 Miles) | 117 | 14.0kph (8.6mph) (5 mins) |
| 2nd June 16 | 5 mins | 1.16KM (0.72 Miles) | 117 | 14.0kph (8.6mph) (5 mins) |
| 3rd June 16 | 5 mins | 1.16KM (0.72 Miles) | 117 | 14.0kph (8.6mph) (5 mins) |
| 7th June 16 | 5 mins | 1.16KM (0.72 Miles) | 117 | 14.0kph (8.6mph) (5 mins) |
| 8th June 16 | 5 mins | 1.16KM (0.72 Miles) | 117 | 14.0kph (8.6mph) (5 mins) |
| 14th June 16 | 5 mins | 1.16KM (0.72 Miles) | 117 | 14.0kph (8.6mph) (5 mins) |
| 15th June 16 | 30 mins | 6.07KM (3.77 Miles) | 610 | 12.5kph (7.7mph) 28 mins 7.0kph (4.3mph) 2 mins |
| 16th June 16 | 30 mins | 5.25KM (3.26 Miles) | 515 | 12.5kph (7.7kph) 20 mins 6.0kph (3.7mph) 10 mins |
| 21st June 16 | 6 mins | 1.4KM (0.90 Miles) | 142 | 14.0kph (8.6mph) (6 mins) |
| 23rd June 16 | 6 mins | 1.4KM (0.90 Miles) | 142 | 14.0kph (8.6mph) (6 mins) |
| 24th June 16 | 30 mins | 6.05KM (3.75 Miles) | 615 | 12.5kph (7.7mph) 28 mins 7.0kph (4.3mph) 2 mins |
| 28th June 16 | 30 mins | 6.07KM (3.77 Miles) | 610 | 12.5kph (7.7mph) 28 mins 7.0kph (4.3mph) 2 mins |
| 29th June 16 | 30 mins | 6.07KM (3.77 Miles) | 610 | 12.5kph (7.7mph) 28 mins 7.0kph (4.3mph) 2 mins |
| 30th June 16 | 6 mins | 1.4KM (0.90 Miles) | 142 | 14.0kph (8.6mph) (6 mins) |
| 5th July 16 | 35 mins | 7.00KM (4.34 Miles) | 710 | 12.5kph (7.7mph) (32 mins) 7.0kph (4.3mph) (3 mins) |
| 6th July 16 | 6 mins | 1.4KM (0.90 Miles) | 142 | 14.0kph (8.6mph) (6 mins) |
| 7th July 16 | 30 mins | 6.05KM (3.75 Miles) | 615 | 12.5kph (7.7mph) 28 mins 7.0kph (4.3mph) 2 mins |
| 8th July 16 | 7 mins | 1.60KM (1.00 Mile) | 160 | 14.0kph (8.6mph) (7 mins) |
| 12th July 16 | 40 mins | 8.00km (5.00 Miles) | 810 | 12.5kph (7.7mph) 36 mins 7.0kph (4.3mph) 4 mins |
| 13th July 16 | 35 mins | 7.00KM (4.34 Miles) | 710 | 12.5kph (7.7mph) (32 mins) 7.0kph (4.3mph) (3 mins) |
| 14th July 16 | 30 mins | 6.15KM (3.85 Miles) | 625 | 12.5kph (7.7mph) 29 mins 7.0kph (4.3mph) 1 min |
| 20th July 16 | 5 mins | 1.15KM (0.75 Miles) | 120 | 12.5kph (7.7mph) 5 mins + 3.0 Incline |
| 21st July 16 | 5 mins | 1.17KM (0.75 Miles) | 119 | 14.0kph (8.6mph) (5 mins) |
| 22nd July 16 | 5 mins | 1.17KM (0.75 Miles) | 119 | 14.0kph (8.6mph) (5 mins) |
| 27th July 16 | 30 mins | 6.05KM (3.75 Miles) | 615 | 12.5kph (7.7mph) 28 mins 7.0kph (4.3mph) 2 mins |
| 28th July 16 | 30 mins | 6.05KM (3.75 Miles) | 615 | 12.5kph (7.7mph) 28 mins 7.0kph (4.3mph) 2 mins |
| 2nd Aug 16 | 20 mins | 3.50KM (2.17 Miles) | 360 | 12.5kph (7.7mph) 15 mins 7.0kph (4.3mph) 5 mins |
| 7th Sept 16 | 30 mins | 4.86KM (3.03 Miles) | 482 | 12.5kph (7.7mph) 15 mins 7.0kph (4.3mph) 15 mins |
| 9th Sept 16 | 35 mins | 5.90KM (3.67 Miles) | 605 | 12.5kph (7.7mph) 20 mins 7.0kph (4.3mph) 15 mins |
| 14th Sept 16 | 35 mins | 5.80KM (3.60 Miles) | 600 | 12.5kph (7.7mph) 19 mins 7.0kph (4.3mph) 16 mins |
| 15th Sept 16 | 36 mins | 5.60KM (3.46 Miles) | 600 | 12.5kph (7.7mph) 18 mins 7.0kph (4.3mph) 18 mins |
| 16th Sept 16 | 33 mins | 5.60KM (3.46 Miles) | 575 | 12.5kph (7.7mph) 20 mins 7.0kph (4.3mph) 13 mins |
| 20th Sept 16 | 33 mins | 5.60KM (3.46 Miles) | 575 | 12.5kph (7.7mph) 20 mins 7.0kph (4.3mph) 13 mins |
| 21st Sept 16 | 33 mins | 5.75KM (3.50 Miles) | 585 | 12.5kph (7.7mph) 21 mins 7.0kph (4.3mph) 12 mins |
| 22nd Sept 16 | 33 mins | 5.75KM (3.50 Miles) | 585 | 12.5kph (7.7mph) 21 mins 7.0kph (4.3mph) 12 mins |
| 23rd Sept 16 | 33 mins | 5.75KM (3.50 Miles) | 585 | 12.5kph (7.7mph) 21 mins 7.0kph (4.3mph) 12 mins |
| 27th Sept 16 | 35 mins | 6.25KM (3.88 Miles) | 640 | 12.5kph (7.7mph) 24 mins 7.0kph (4.3mph) 11 mins |
| 28th Sept 16 | 42 mins | 7.70KM (4.78 Miles) | 790 | 12.5kph (7.7mph) 30 mins 7.0kph (4.3mph) 12 mins |
| 7th Oct 16 | 30 mins | 5.60KM (3.47 Miles) | 570 | 12.5kph (7.7mph) 24 mins 7.0kph (4.3mph) 6 mins |
| 11th Oct 16 | 30 mins | 5.50KM (3.44 Miles) | 560 | 12.5kph (7.7mph) 23 mins 7.0kph (4.3mph) 7 mins |
| 12th Oct 16 | 40 mins | 7.20KM (4.47 Miles) | 740 | 12.5kph (7.7mph) 28 mins 7.0kph (4.3mph) 12 mins |
| 13th Oct 16 | 40 mins | 7.40KM (4.59 Miles) | 760 | 12.5kph (7.7mph) 30 mins 7.0kph (4.3mph) 10 mins |
| 21st Oct 16 | 40 mins | 7.20KM (4.47 Miles) | 740 | 12.5kph (7.7mph) 28 mins 7.0kph (4.3mph) 12 mins |
| 26th Oct 16 | 40 mins | 7.50KM (4.66 Miles) | 765 | 12.5kph (7.7mph) 31 mins 7.0kph (4.3mph) 9 mins |
| 27th Oct 16 | 40 mins | 7.50KM (4.66 Miles) | 765 | 12.5kph (7.7mph) 31 mins 7.0kph (4.3mph) 9 mins |
| 28th Oct 16 | 40 mins | 7.50KM (4.66 Miles) | 765 | 12.5kph (7.7mph) 31 mins 7.0kph (4.3mph) 9 mins |
| 3rd Nov 16 | 40 mins | 7.77KM (4.82 Miles) | 792 | 12.5kph (7.7mph) 34 mins 7.0kph (4.3mph) 6 mins |
| 9th Nov 16 | 50 mins | 9.60KM (5.96 Miles) | 975 | 12.5kph (7.7mph) 41 mins 7.0kph (4.3mph) 9 mins |
| 10th Nov 16 | 50 mins | 10.05KM (6.24 Miles) | 1020 | 12.5kph (7.7mph) 46 mins 7.0kph (4.3mph) 4 mins |
| 11th Nov 16 | 50 mins | 9.65KM (6 miles) | 980 | 12.5kph (7.7mph) 42 mins 7.0kph (4.3mph) 8 mins |
| 15th Nov 16 | 50 mins | 9.75KM (6.05 Miles) | 990 | 12.5kph (7.7mph) 43 mins 7.0kph (4.3mph) 7 mins |
| 16th Nov 16 | 7 mins | 1.60KM (1.00 Mile) | 160 | 14.0kph (8.6mph) (7 mins) |
| 21st Nov 16 | 60 mins | 11.76KM (7.30 Miles) | 1194 | 12.5kph (7.7mph) 52 mins 7.0kph (4.3mph) 8 mins |
| 7th March 17 | 30 mins | 3.20 Miles (5.14KM) | 500 | 12.5kph (7.7mph) 20 mins 7.0kph (4.3mph) 10 mins |
| 8th March 17 | 30 mins | 3.20 Miles (5.14KM) | 500 | 12.5kph (7.7mph) 20 mins 7.0kph (4.3mph) 10 mins |
| 9th March 17 | 30 mins | 3.30 Miles (5.31KM) | 526 | 12.5kph (7.7mph) 22 mins 7.0kph (4.3mph) 8 mins |
| 10th March 17 | 30 mins | 3.47 Miles (5.6KM) | 600 | 12.5kph (7.7mph) 22 mins 7.0kph (4.3mph) 6 mins |
| 13th March 17 | 30 mins | 3.60 Miles (5.79KM) | 566 | 12.5kph (7.7mph) 26 mins 7.0kph (4.3mph) 4 mins |
| 15th March 17 | 30 mins | 3.45 Miles (5.55KM) | 540 | 12.5kph (7.7mph) 24 mins 7.0kph (4.4mph) 6 mins |
| 16th March 17 | 30 mins | 3.45 Miles (5.55KM) | 540 | 12.5kph (7.7mph) 24 mins 7.0kph (4.4mph) 6 mins |
| 17th March 17 | 30 mins | 3.55 Miles (5.71KM) | 566 | 12.5kph (7.7mph) 26 mins 7.0kph (4.4mph) 4 mins |
| 21st March 17 | 30 mins | 3.55 Miles (5.71KM) | 566 | 12.5kph (7.7mph) 26 mins 7.0kph (4.4mph) 4 mins |
| 22nd March 17 | 30 mins | 5.70KM (3.55 Miles) | 566 | 12.5kph (7.7mph) 26 mins 7.0kph (4.4mph) 4 mins |
| 23rd March 17 | 30 mins | 5.80KM (3.60 Miles) | 680 | 12.5kph (7.7mph) 26 mins 7.0kph (4.4mph) 4 mins |
| 24th March 17 | 30 mins | 6KM (3.72 Miles) | 711 | 12.5kph (7.7mph) 28 mins 7.0kph (4.4mph) 2 mins |
| 28th March 17 | 30 mins | 6KM (3.72 Miles) | 711 | 12.5kph (7.7mph) 28 mins 7.0kph (4.4mph) 2 mins |
| 29th March 17 | 30 mins | 6KM (3.72 Miles) | 711 | 12.5kph (7.7mph) 28 mins 7.0kph (4.4mph) 2 mins |
| 30th March 17 | 30 mins | 6.10KM (3.79 Miles) | 666 | 12.5kph (7.7mph) 29 mins 7.0kph (4.4mph) 1 min |
| 31st March 17 | 30 mins | 6.20KM (3.86 Miles) | 673 | 12.5kph (7.7mph) 30 mins |
| 4th April 17 | 40 mins | 7.50KM (4.66 Miles) | 802 | 12.5kph (7.7mph) 33 mins 7.0kph (4.4mph) 7 mins |
| 5th April 17 | 40 mins | 7.77KM (4.82 Miles) | 830 | 12.5kph (7.7mph) 35 mins 7.0kph (4.4mph) 5 mins |
| 6th April 17 | 40 mins | 7.77KM (4.82 Miles) | 830 | 12.5kph (7.7mph) 35 mins 7.0kph (4.4mph) 5 mins |
| 7th April 17 | 40 mins | 7.90KM (4.90 Miles) | 850 | 12.5kph (7.7mph) 36 mins 7.0kph (4.4mph) 4 mins |
| 11th April 17 | 40 mins | 7.90KM (4.90 Miles) | 850 | 12.5kph (7.7mph) 36 mins 7.0kph (4.4mph) 4 mins |
| 12th April 17 | 40 mins | 7.90KM (4.90 Miles) | 850 | 12.5kph (7.7mph) 36 mins 7.0kph (4.4mph) 4 mins |
| 13th April 17 | 40 mins | 7.90KM (4.90 Miles) | 850 | 12.5kph (7.7mph) 36 mins 7.0kph (4.4mph) 4 mins |
| 14th April 17 | 40 mins | 8.00KM (5.00 Miles) | 870 | 12.5kph (7.7mph) 37 mins 7.0kph (4.4mph) 3 mins |
| 18th April 17 | 40 mins | 8.00KM (5.00 Miles) | 830 (WC) | 12.5kph (7.7mph) 37 mins 7.0kph (4.4mph) 3 mins |
| 19th April 17 | 40 mins | 8.00KM (5.00 Miles) | 830 | 12.5kph (7.7mph) 37 mins 7.0kph (4.4mph) 3 mins |
| 20th April 17 | 40 mins | 8.00KM (5.00 Miles) | 830 | 12.5kph (7.7mph) 37 mins 7.0kph (4.4mph) 3 mins |
| 21st April 17 | 40 mins | 8.10KM (5.03 Miles) | 845 | 12.5kph (7.7mph) 38 mins 7.0kph (4.4mph) 2 mins |
| 25th April 17 | 40 mins | 8.10KM (5.03 Miles) | 845 | 12.5kph (7.7mph) 38 mins 7.0kph (4.4mph) 2 mins |
| 26th April 17 | 40 mins | 8.10KM (5.03 Miles) | 845 | 12.5kph (7.7mph) 38 mins 7.0kph (4.4mph) 2 mins |
| 27th April 17 | 40 mins | 8.10KM (5.03 Miles) | 845 | 12.5kph (7.7mph) 38 mins 7.0kph (4.4mph) 2 mins |
| 28th April 17 | 40 mins | 8.25KM (5.12 Miles) | 875 | 12.5kph (7.7mph) 40 mins 7.0kph |
| 2nd May 17 | 50 mins | 9.87KM (6.13 Miles) | 1023 | 12.5kph (7.7mph) 45 mins 7.0kph (4.4mph) 5 mins |
| 3rd May 17 | 50 mins | 9.87KM (6.13 Miles) | 1023 | 12.5kph (7.7mph) 45 mins 7.0kph (4.4mph) 5 mins |
| 4th May 17 | 50 mins | 9.87KM (6.13 Miles) | 1023 | 12.5kph (7.7mph) 45 mins 7.0kph (4.4mph) 5 mins |
| 5th May 17 | 50 mins | 9.97KM (6.19 Miles) | 1038 | 12.5kph (7.7mph) 46 mins 7.0kph (4.4mph) 4 mins |
| 9th May 17 | 50 mins | 9.97KM (6.19 Miles) | 1038 | 12.5kph (7.7mph) 46 mins 7.0kph (4.4mph) 4 mins |
| 10th May 17 | 50 mins | 9.97KM (6.19 Miles) | 1038 | 12.5kph (7.7mph) 46 mins 7.0kph (4.4mph) 4 mins |
| 11th May 17 | 50 mins | 9.97KM (6.19 Miles) | 1051 | 12.5kph (7.7mph) 46 mins 7.0kph (4.4mph) 4 mins (+1 Gradient 12 mins and 4 mins @ 7.0kph) |
| 12th May 17 (+1 Gradient) | 30 mins | 6.20KM (3.85 Miles) | 680 | 12.5kph (7.7mph) 30 mins |
| 12th May 17 (Concrete) | 21 mins | 4.67KM (2.90 Miles) | 532 | 12.7kph (7.8mph) 21 mins |
| 15th May 17 (Concrete) | 29 mins | 6.17KM (3.83 Miles) | 677 | 12.7kph (7.7mph) 29 mins |
| 16th May 17 (+1 Gradient) | 35 mins | 7.25KM (4.50 Miles) | 795 | 12.7kph (7.7mph) 35 mins |
| 17th May 17 (+1 Gradient) | 40 mins | 8.10KM (5.03 Miles) | 880 | 12.7kph (7.7mph) 38 mins 7.0kph (4.4mph) 2 mins |
| 18th May 17 (+1 Gradient) | 45 mins | 9.10KM (5.65 Miles) | 999 | 12.7kph (7.7mph) 43 mins 7.0kph (4.4mph) 2 mins |
| 19th May 17 (+1 Gradient) | 20 mins | 4.10KM (2.54 Miles) | 455 | 12.7kph (7.7mph) 20 mins |
| 19th May 17 (Concrete) | 35 mins | 7.71KM (4.79 Miles) | 850 | 12.7kph (7.7mph) 35 mins |
| 21st May 17 (Concrete) | 43 mins | 9.20KM (5.71 Miles) | 1010 | 12.7kph (7.7mph) 43 mins |
| 22nd May 17 (+1 Gradient) | 50 mins | 10.15KM (6.30 Miles) | 1111 | 12.7kph (7.7mph) 48 mins 7.0kph (4.4mph) 2 mins |
| 23rd May 17 (+1 Gradient) | 40 mins | 8.25 KM (5.12 Miles) | 910 | 12.5kph (7.7mph) 40 mins |
| 24th May 17 (+1 Gradient) | 40 mins | 8.25 KM (5.12 Miles) | 910 | 12.5kph (7.7mph) 40 mins |
| 25th May 17 (+1 Gradient) | 40 mins | 8.25 KM (5.12 Miles) | 910 | 12.5kph (7.7mph) 40 mins |
| 28th May 17 (Concrete) | 23 mins | 3.17KM (1.96 Miles) | 350 | 10.0kph (6.21mph) 10 mins 5.0kph 13 mins |
| 29th May 17 (10 KM Run London) | 47 mins | 10.0KM (6.21 Miles) | 1110 | 12.7kph (7.8mph) 47 mins |
| 31std May 17 (+1 Gradient) | 40 mins | 8.25 KM (5.12 Miles) | 865 (WC2) | 12.5kph (7.7mph) 40 mins |
| 1st June 17 (+1 Gradient) | 40 mins | 7.15KM (4.42 Miles) | 745 | 12.5kph (7.7mph) 30 mins 7.0kph (4.4mph) 10 mins |
| 7th June 17 (+1 Gradient) | 30 mins | 6.20KM (3.85 Miles) | 650 | 12.5kph (7.7mph) 30 mins |
| 8th June 17 (+1 Gradient) | 31 mins | 6.00KM (3.72 Miles) | 620 | 12.5kph (7.7mph) 27 mins 7.0kph (4.4mph) 4 mins |
| 9th June 17 (+1 Gradient) | 30 mins | 6.20KM (3.85 Miles) | 650 | 12.5kph (7.7mph) 30 mins |
| 10th June 17 (+1 Gradient) | 30 mins | 6.20KM (3.85 Miles) | 650 | 12.5kph (7.7mph) 30 mins |
| 11th June 17 (+1 Gradient) | 30 mins | 6.20KM (3.85 Miles) | 650 | 12.5kph (7.7mph) 30 mins |
| 12th June 17 (+1 Gradient) | 30 mins | 6.20KM (3.85 Miles) | 650 | 12.5kph (7.7mph) 30 mins |
| 13th June 17 (+1 Gradient) | 30 mins | 6.20KM (3.85 Miles) | 650 | 12.5kph (7.7mph) 30 mins |
| 14th June 17 (+1 Gradient) | 35 mins | 7.22KM (4.50 Miles) | 757 | 12.7kph (7.7mph) 35 mins |
| 17th June 17 (+1 Gradient) | 30 mins | 6.20KM (3.85 Miles) | 650 | 12.5kph (7.7mph) 30 mins |
| 19th June 17 (+1 Gradient) | 30 mins | 6.21KM (3.86 Miles) | 650 | 12.5kph (7.7mph) 29 mins 13.5kph (8.3mph) 1 min |
| 20th June 17 (+1 Gradient) | 30 mins | 6.20KM (3.85 Miles) | 650 | 12.5kph (7.7mph) 30 mins |
| 28th June 17 (+1 Gradient) | 30 mins | 6.20KM (3.85 Miles) | 650 | 12.5kph (7.7mph) 30 mins |
| 29th June 17 (+1 Gradient) | 30 mins | 6.20KM (3.85 Miles) | 650 | 12.5kph (7.7mph) 30 mins |
| 30th June 17 (+1 Gradient) | 30 mins | 6.20KM (3.85 Miles) | 650 | 12.5kph (7.7mph) 30 mins |
| 1st July 17 (+1 Gradient) | 30 mins | 6.20KM (3.85 Miles) | 650 | 12.5kph (7.7mph) 30 mins |
| 4th July 17 (+1 Gradient) | 30 mins | 6.20KM (3.85 Miles) | 635 | 12.5kph (7.7mph) 30 mins |
| 21st July 17 (+1 Gradient) | 31 mins | 6.15KM (3.84 Miles) | 620 | 12.5kph (7.7mph) 28 mins 7.0kph (4.4mph) 3 mins |
| 2nd Aug 17 (+1 Gradient) | 31 mins | 6.03KM (3.82 Miles) | 604 | 12.5kph (7.7mph) 27 mins 7.0kph (4.4mph) 4 mins |
| 3rd Aug 17 (+1 Gradient) | 31 mins | 6.15KM (3.84 Miles) | 620 | 12.5kph (7.7mph) 28 mins 7.0kph (4.4mph) 3 mins |
| 4th Aug 17 (+1 Gradient) | 30 mins | 6.20KM (3.85 Miles) | 635 | 12.5kph (7.7mph) 30 mins |
| 8th Aug 17 (+1 Gradient) | 30 mins | 6.20KM (3.85 Miles) | 635 | 12.5kph (7.7mph) 30 mins |
| 9th Aug 17 (+1 Gradient) | 30 mins | 6.20KM (3.85 Miles) | 635 | 12.5kph (7.7mph) 30 mins |
| 10th Aug 17 (+1 Gradient) | 30 mins | 6.20KM (3.85 Miles) | 635 | 12.5kph (7.7mph) 30 mins |
| 11th Aug 17 (+1 Gradient) | 30 mins | 6.20KM (3.85 Miles) | 635 | 12.5kph (7.7mph) 30 mins |
| 15th Aug 17 (+1 Gradient) | 35 mins | 7.20KM (4.47 Miles) | 750 | 12.5kph (7.7mph) 35 mins |
| 16th Aug 17 (+1 Gradient) | 35 mins | 7.20KM (4.47 Miles) | 750 | 12.5kph (7.7mph) 35 mins |
| 17th Aug 17 (+1 Gradient) | 35 mins | 7.20KM (4.47 Miles) | 750 | 12.5kph (7.7mph) 35 mins |
| 18th Aug 17 (+1 Gradient) | 35 mins | 7.20KM (4.47 Miles) | 750 | 12.5kph (7.7mph) 35 mins |
| 22nd Aug 17 (+1 Gradient) | 35 mins | 7.20KM (4.47 Miles) | 750 | 12.5kph (7.7mph) 35 mins |
| 23rd Aug 17 (+1 Gradient) | 40 mins | 8.25KM (5.12 Miles) | 850 | 12.5kph (7.7mph) 40 mins |
| 25th Aug 17 (+1 Gradient) | 40 mins | 8.25KM (5.12 Miles) | 850 | 12.5kph (7.7mph) 40 mins |
| 30th Aug 17 (+1 Gradient) | 40 mins | 8.25KM (5.12 Miles) | 850 | 12.5kph (7.7mph) 40 mins |
| 31st August 17 (+1 Gradient) | 40 mins | 8.25KM (5.12 Miles) | 850 | 12.5kph (7.7mph) 40 mins |
| 1st Sept 17 (+1 Gradient) | 40 mins | 8.25KM (5.12 Miles) | 850 | 12.5kph (7.7mph) 40 mins |
| 4th Sept 17 (+1 Gradient) | 40 mins | 8.33KM (5.17 Miles) | 865 | 12.6kph (7.8mph) 40 mins |
| 5th Sept 17 (+1 Gradient) | 40 mins | 8.33KM (5.17 Miles) | 865 | 12.6kph (7.8mph) 40 mins |
| 6th Sept 17 (+1 Gradient) | 40 mins | 8.33KM (5.17 Miles) | 865 | 12.6kph (7.8mph) 40 mins |
| 7th Sept 17 (+1 Gradient) | 40 mins | 8.33KM (5.17 Miles) | 865 | 12.6kph (7.8mph) 40 mins |
| 12th Sept 17 (+1 Gradient) | 40 mins | 8.40KM (5.21 Miles) | 870 | 12.7kph (7.8mph) 40 mins |
| 13th Sept 17 (+1 Gradient) | 40 mins | 8.40KM (5.21 Miles) | 870 | 12.7kph (7.8mph) 40 mins |
| 14th Sept 17 (+1 Gradient) | 40 mins | 8.40KM (5.21 Miles) | 870 | 12.7kph (7.8mph) 40 mins |
| 15th Sept 17 (+1 Gradient) | 40 mins | 8.40KM (5.21 Miles) | 870 | 12.7kph (7.8mph) 40 mins |
| 18th Sept 17 (+1 Gradient) | 40 mins | 8.47KM (5.25 Miles) | 877 | 12.8kph (7.9mph) 40 mins |
| 26th Sept 17 (+1 Gradient) | 40 mins | 8.40KM (5.21 Miles) | 870 | 12.7kph (7.8mph) 40 mins |
| 27th Sept 17 (+1 Gradient) | 40 mins | 8.40KM (5.21 Miles) | 870 | 12.7kph (7.8mph) 40 mins |
| 28th Sept 17 (+1 Gradient) | 40 mins | 8.40KM (5.21 Miles) | 870 | 12.7kph (7.8mph) 40 mins |
| 29th Sept 17 (+1 Gradient) | 40 mins | 8.40KM (5.21 Miles) | 870 | 12.7kph (7.8mph) 40 mins |
| 3rd Oct 17 (+1 Gradient) | 40 mins | 8.47KM (5.25 Miles) | 877 | 12.8kph (7.9mph) 40 mins |
| 4th October 17 (+1 Gradient) | 40 mins | 8.47KM (5.25 Miles) | 877 | 12.8kph (7.9mph) 40 mins |
| 5th Oct 17 (+1 Gradient) | 40 mins | 8.47KM (5.25 Miles) | 877 | 12.8kph (7.9mph) 40 mins |
| 6th Oct 17 (+1 Gradient) | 40 mins | 8.47KM (5.25 Miles) | 877 | 12.8kph (7.9mph) 40 mins |
| 10th Oct 17 (+1 Gradient) | 40 mins | 8.50KM (5.28 Miles) | 880 | 12.9kph (8 mph) 40 mins |
| 11th Oct 17 (+1 Gradient) | 40 mins | 8.50KM (5.28 Miles) | 880 | 12.9kph (8 mph) 40 mins |
| 12th Oct 17 (+1 Gradient) | 40 mins | 8.50KM (5.28 Miles) | 880 | 12.9kph (8 mph) 40 mins |
| 13th Oct 17 (+1 Gradient) | 40 mins | 8.50KM (5.28 Miles) | 880 | 12.9kph (8 mph) 40 mins |
| 18th Oct 17 (+1 Gradient) | 40 mins | 8.60KM (5.34 Miles) | 890 | 13.0kph (8 mph) 40 mins |
| 19th Oct 17 (+1 Gradient) | 40 mins | 8.60KM (5.34 Miles) | 890 | 13.0kph (8 mph) 40 mins |
| 20th Oct 17 (+1 Gradient) | 40 mins | 8.60KM (5.34 Miles) | 890 | 13.0kph (8 mph) 40 mins |
| 25th Oct 17 (+1 Gradient) | 40 mins | 8.60KM (5.34 Miles) | 890 | 13.0kph (8 mph) 40 mins |
| 26th Oct 17 (+1 Gradient) | 40 mins | 8.60KM (5.34 Miles) | 890 | 13.0kph (8 mph) 40 mins |
| 27th Oct 17 (+1 Gradient) | 40 mins | 8.60KM (5.34 Miles) | 890 | 13.0kph (8 mph) 40 mins |
| 1st Nov 17 (+1 Gradient) | 30 mins (HIIT) | 5.86KM (3.64 Miles) | 590 | 11.0kph (6.8mph) 25 mins  16.0kph (9.9mph) 5 mins |
| 2nd Nov 17 (+1 Gradient) | 30 mins (HIIT) | 6.21KM (3.86 Miles) | 631 | 11.0kph (6.8mph) 19.5 mins  16.0kph (9.9mph) 7.5mins  14.0kph (8.6mph) 3 mins |
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