

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun					
1	STRENGTH	4.0 km run	STRENGTH	3.2 km run	Rest	STRENGTH	4.8 km run					
2	STRENGTH	4.0 km run	STRENGTH	3.2 km run	Rest	STRENGTH	5.9 km run					
3	STRENGTH	4.0 km run	STRENGTH	3.2 km run	Rest	STRENGTH	6.4 km run					
4	STRENGTH	4.8 km run	STRENGTH	3.2 km run	Rest	STRENGTH	6.4 km run					
5	STRENGTH	4.8 km run	STRENGTH	3.2 km run	Rest	STRENGTH	7.3 km run					
6	STRENGTH	4.8 km run	STRENGTH	3.2 km run	Rest	STRENGTH	8.1 km run					
7	STRENGTH	4.8 km run	STRENGTH	3.2 km run	Rest	STRENGTH	8.9 km run					
8	STRENGTH	4.8 km run	STRENGTH	3.2 km run	Rest	Rest	10K Run					
Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun					
1	STRENGTH	2.4 km run	STRENGTH	2.4 km run	STRENGTH	2.4 km run	30 min walk					
2	STRENGTH	2.8 km run	STRENGTH	2.4 km run	STRENGTH	2.8 km run	35 min walk					
3	STRENGTH	3.2 km run	STRENGTH	2.4 km run	STRENGTH	3.2 km run	40 min walk					
4	STRENGTH	3.6 km run	STRENGTH	2.4 km run	STRENGTH	3.6 km run	45 min walk					
5	STRENGTH	4.0 km run	STRENGTH	3.2 km run	STRENGTH	4.0 km run	50 min walk					
6	STRENGTH	4.4 km run	STRENGTH	3.2 km run	STRENGTH	4.4 km run	55 min walk					
7	STRENGTH	4.8 km run	STRENGTH	3.2 km run	STRENGTH	4.8 km run	60 min walk					
8	STRENGTH	4.8 km run	STRENGTH	3.2 km run	STRENGTH	Rest	5K Race					

