

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	5 km walk	Cycling	5 km	Cycling	5 km	Cycling	5 km Race 23 Feb
2	5 km walk	Cycling	5 km fast	Cycling	5 km	Cycling	6 km
3	5 km walk	Cycling	6 km	Cycling	5 km	Cycling	7 km
4	5 km walk	Cycling	6 km fast	Cycling	5 km	Cycling	8 km
5	5 km walk	Cycling	6 km	Cycling	5 km	Cycling	9 km
6	5 km walk	Cycling	6 km fast	Cycling	5 km	Cycling	10 km Race 30 Mar
7	5 km walk	Cycling	8 km	Cycling	5 km	Cycling	11 km
8	5 km walk	Cycling	8 km fast	Cycling	5 km	Cycling	13 km
9	5 km walk	Cycling	8 km	Cycling	5 km	Cycling	14 km
10	5 km walk	Cycling	8 km fast	Cycling	5 km	Cycling	15 km Race 27 Apr
11	5 km walk	Cycling	8 km	Cycling	5 km	Cycling	18 km
12	5 km walk	Rest	3 km fast	Rest	3 km	Rest	Half Marathon