

| Week | Monday | * Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Total |
|------|--------|-----------|-----------|----------|--------|--------------------------|--------|-------|
| 1 | Rest | 5km (T/T) | Rest | 6 km | Rest | 6 km | Rest | 17 km |
| 2 | Rest | 5km (T/T) | Rest | 6 km | Rest | 8 km | Rest | 19 km |
| 3 | Rest | 5km (T/T) | Rest | 4 x 400m | Rest | 8 km | Rest | 18 km |
| 4 | Rest | 5km (T/T) | Rest | 5 x 400m | Rest | 8 km | Rest | 18 km |
| 5 | Rest | 5km (T/T) | Rest | 6 x 400m | Rest | 8 km | Rest | 18 km |
| 6 | Rest | 5km (T/T) | Rest | 6 km | Rest | 8 km | Rest | 19 km |
| 7 | Rest | 5km (T/T) | Rest | 7 x 400m | Rest | 7 km | Rest | 17 km |
| 8 | Rest | 5km (T/T) | Rest | 8 x 400m | Rest | 9 km | Rest | 19 km |
| 9 | Rest | 5km (T/T) | Rest | 5 km | Rest | 5 km | Rest | 15 km |
| 10 | Rest | 5km | Rest | 3km | Rest | RACE DAY 10 km | | |

**Tuesday T/T to be run hard*



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