

Week	Monday	* Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1	Rest	5km (T/T)	Rest	8 km	Rest	8 km	Rest	21 km
2	Rest	5km (T/T)	Rest	8 km	Rest	10 km	Rest	23 km
3	Rest	5km (T/T)	Rest	10 km	Rest	10 km	Rest	25 km
4	Rest	5km (T/T)	6 km	10 km	Rest	8 km	Rest	29 km
5	Rest	5km (T/T)	6 km	10 km	Rest	12 km	Rest	33 km
6	Rest	5km (T/T)	6 km	10 km	Rest	12 km	Rest	33 km
7	Rest	5km (T/T)	6 km	10 km	Rest	15 km	Rest	36 km
8	Rest	5km (T/T)	6 km	10 km	Rest	12 km	Rest	33 km
9	Rest	5km (T/T)	6 km	10 km	Rest	18 km	Rest	39 km
10	Rest	5km (T/T)	6 km	8 km	Rest	16 km	Rest	35 km
11	Rest	5km (T/T)	6 km	8 km	Rest	15 km	Rest	34 km
12	Rest	5km (T/T)	Rest	5 km	Rest	5km	Rest	15 km
13	Rest	5km	Rest	3km	Rest	<b>RACE DAY 21.1km</b>		

*\*Tuesday T/T to be run hard*

