

| WEEKS TO GO | MONDAY | | TUESDAY | WEDNESDAY | | THURSDAY | FRIDAY | SATURDAY | | SUNDAY | | EACH WEEK | |
|-------------|-----------|-------|---------|-------------|-------|-------------|-----------------------------------|-----------------------------------|-------------|------------|-------|---------------|-------|
| | | | | | | | | | | | | DISTANCE (KM) | TIME |
| 16 | 3 | 00:40 | REST | 5 | 01:00 | REST | X-training e.g. Pilates / Yoga | REST | 5 | 01:00 | 13 | 02:40 | |
| | Easy walk | | | Steady Pace | | | | | Steady Pace | | | | |
| 15 | 5 | 01:05 | REST | 5 | 01:00 | REST | X-training e.g. Pilates / Yoga | REST | 8 | 01:35 | 18 | 03:40 | |
| | Easy walk | | | Steady Pace | | | | | Steady Pace | | | | |
| 14 | 5 | 01:05 | REST | 7 | 01:20 | REST | X-training e.g. Pilates / Yoga | 5 | 01:05 | 8 | 01:15 | 25 | 04:45 |
| | Easy walk | | | Steady Pace | | | | Hills | | Power Walk | | | |
| 13 | 5 | 01:05 | REST | 7 | 01:20 | REST | X-training e.g. Pilates / Yoga | 7 | 01:30 | 10 | 01:30 | 29 | 05:25 |
| | Easy walk | | | Steady Pace | | | | Hills | | Power Walk | | | |
| 12 | 5 | 01:05 | REST | 7 | 01:20 | REST | X-training e.g. Pilates / Yoga | REST | 5 | 00:45 | 17 | 03:10 | |
| | Easy walk | | | Steady Pace | | | | | Power Walk | | | | |
| 11 | 5 | 01:05 | REST | 5 | 01:00 | REST | X-training e.g. Pilates / Yoga | REST | 10 | 01:45 | 20 | 03:50 | |
| | Easy walk | | | Steady Pace | | | | | Brisk Walk | | | | |
| 10 | 5 | 01:05 | REST | 6 | 01:10 | REST | X-training e.g. Pilates / Yoga | 7 | 01:30 | 10 | 01:45 | 28 | 05:30 |
| | Easy walk | | | Steady Pace | | | | Hills | | Brisk Walk | | | |
| 9 | 5 | 01:05 | REST | 7 | 01:20 | REST | X-training e.g. Pilates / Yoga | 5 | 01:05 | 12 | 02:10 | 29 | 05:40 |
| | Easy walk | | | Steady Pace | | | | Hills | | Brisk Walk | | | |
| 8 | 7 | 01:35 | REST | 12 | 02:20 | REST | X-training e.g. Pilates / Yoga | REST | 15 | 02:40 | 34 | 06:35 | |
| | Easy walk | | | Steady Pace | | | | | Brisk Walk | | | | |
| 7 | 5 | 01:05 | REST | 10 | 01:55 | REST | X-training e.g. Pilates / Yoga | REST | 5 | 00:55 | 20 | 03:55 | |
| | Easy walk | | | Steady Pace | | | | | Brisk Walk | | | | |
| 6 | 5 | 01:05 | REST | 7 | 01:20 | REST | X-training e.g. Pilates / Yoga | 5 | 01:05 | 10 | 01:45 | 27 | 04:10 |
| | Easy walk | | | Steady Pace | | | | Hills | | Brisk Walk | | | |
| 5 | 5 | 01:05 | REST | 7 | 01:20 | REST | X-training e.g. Pilates / Yoga | 5 | 01:05 | 15 | 02:40 | 32 | 05:05 |
| | Easy walk | | | Steady Pace | | | | Hills | | Brisk Walk | | | |
| 4 | 5 | 01:05 | REST | 11 | 02:10 | REST | X-training e.g. Pilates / Yoga | REST | 18 | 03:15 | 34 | 06:30 | |
| | Easy walk | | | Steady Pace | | | | | Brisk Walk | | | | |
| 3 | 7 | 01:35 | REST | 10 | 01:55 | 12 | 02:20 | X-training e.g. Pilates / Yoga | REST | 10 | 01:45 | 39 | 07:35 |
| | Easy walk | | | Steady Pace | | Steady Pace | | | | Brisk Walk | | | |
| 2 | 5 | 01:05 | REST | 7 | 01:15 | REST | X-training e.g. Pilates / Yoga | 8 | 01:35 | 10 | 01:45 | 30 | 05:40 |
| | Easy walk | | | Brisk Walk | | | | Steady Pace | | Brisk Walk | | | |
| Event Week | 5 | 01:05 | REST | 4 | 00:35 | REST | 3 | 00:30 | SHINE W/E | | | 12 | 01:05 |
| | Easy walk | | | Power Walk | | | Brisk Walk | | | | | | |