

										EACH WEEK				
WEEKS TO GO	MONDAY		TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY	SUNDAY		DISTANCE (KM)	TIME		
16	5	01:05	REST	7	01:20	REST	X-training e.g. Pilates / Yoga	REST	8	01:35	20	04:00		
	Easy walk			Steady Pace					Steady Pace					
15	8	01:45	REST	5	01:00	7	01:20	REST	10	01:55	30	06:00		
	Easy walk			Steady Pace		Power Walk			Steady Pace					
14	8	01:45	REST	10	01:55	7	01:05	X-training e.g. Pilates / Yoga	5	01:05	12	02:20	42	08:10
	Easy walk			Steady Pace		Power Walk			Hills					
13	10	02:15	REST	12	02:20	5	00:45	X-training e.g. Pilates / Yoga	7	01:30	15	02:55	49	09:45
	Easy walk			Steady Pace		Power Walk			Hills		Steady Pace			
12	10	02:15	REST	10	01:55	7	01:05	X-training e.g. Pilates / Yoga	REST	7	01:05	34	06:20	
	Easy walk			Steady Pace		Power Walk				Power Walk				
11	10	02:15	REST	12	02:20	7	01:05	X-training e.g. Pilates / Yoga	REST	12	02:20	41	08:00	
	Easy walk			Steady Pace		Power Walk				Steady Pace				
10	10	02:15	REST	12	02:20	7	01:05	X-training e.g. Pilates / Yoga	7	01:30	15	02:55	51	10:05
	Easy walk			Steady Pace		Power Walk			Hills		Steady Pace			
9	10	02:15	REST	12	02:20	7	01:05	X-training e.g. Pilates / Yoga	5	01:05	21	04:05	55	10:50
	Easy walk			Steady Pace		Power Walk			Hills		Steady Pace			
8	10	02:15	REST	12	02:20	7	01:05	X-training e.g. Pilates / Yoga	REST	25	04:55	54	10:35	
	Easy walk			Steady Pace		Power Walk				Steady Pace				
7	10	02:15	REST	10	01:55	7	01:05	X-training e.g. Pilates / Yoga	REST	8	01:15	35	06:30	
	Easy walk			Steady Pace		Power Walk				Power Walk				
6	10	02:15	REST	12	02:20	7	01:05	X-training e.g. Pilates / Yoga	5	01:05	21	04:05	55	10:50
	Easy walk			Steady Pace		Power Walk			Hills		Steady Pace			
5	10	02:15	REST	12	02:20	7	01:05	X-training e.g. Pilates / Yoga	5	01:05	28	05:30	62	11:10
	Easy walk			Steady Pace		Power Walk			Hills		Steady Pace			
4	10	02:15	REST	15	02:55	10	01:30	X-training e.g. Pilates / Yoga	REST	33	06:25	68	13:05	
	Easy walk			Steady Pace		Power Walk				Steady Pace				
3	10	02:15	REST	12	02:20	10	01:30	X-training e.g. Pilates / Yoga	REST	25	04:55	57	11:00	
	Easy walk			Steady Pace		Power Walk				Steady Pace				
2	10	02:15	REST	7	01:15	REST	X-training e.g. Pilates / Yoga	10	01:55	15	02:55	42	08:20	
	Easy walk			Brisk Walk				Steady Pace		Steady Pace				
Event Week	8	01:45	REST	5	00:45	REST	3	00:30	SHINE W/E			16	01:15	
	Easy walk			Power Walk			Brisk Walk							