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|  | Week 1 | Week 2 | Week 3 | Week 4  | Week 5 | Week 6 | Week 7  | Week 8 | Week 9 | Week 10 |  |
| Monday | rest | rest | rest | rest | rest | rest | rest | rest | rest | rest |  |
| Tuesday | 5km. | 8km. | 8km. | 8km. | 8km. | 8km. | 8km. | 8km. | 8km. | 8km.Light jog |  |
| Wednesday | 8km. | 8km. | 10km. | 10km. | 12km. | 12km. | 12km. | 12km. | 10km. | 8km.Light jog |  |
| Thursday | 6km.Hilly run | 8km.Hilly run | 8km.Hilly run | 10km.Hilly run | 10km.Hilly run | 10km.Hilly run | 10km.Hilly run | 10km.Hilly run | 8km.Hilly run | 5km.Light jog |  |
| Friday | rest. | rest | rest. | rest. | rest. | rest. | rest. | rest. | rest. | rest |  |
| Saturday | 5km.easy | 5km.easy | 5km.Time trial | 5km.easy | 5km.easy | 5km.Time trial | 5km.easy | 5km.Time trial | 5kmeasy | rest |  |
| Sunday | 12km. | 12km. | 15km. | 20km. | 30km. | 20km. | 25km. | 20km. | 15km. | race |  |