

Week 13	
Monday 31st	Rest Day
Tuesday 1st June	40min walk
Wednesday 2nd	6km walk/jog/run
Thursday 3rd	40min walk
Friday 4th	Rest Day
Saturday 5th	5km warm up / stretching / 8x strides
Sunday 6th	10km
Week 14	
Monday 7th	30min walk
Tuesday 8th	6km jog walk
Wednesday 9th	30 min walk
Thursday 10th	8km run/ Jog/walk
Friday 11th	Rest
Saturday 12th	6km jog walk
Sunday 13th	14km
Week 15	
Monday 14th	rest or 30min walk
Tuesday 15th	40min brisk walk
Wednesday 16th	8km jog/walk/run
Thursday 17th	40 min walk
Friday 18th	rest or 30min walk
Saturday 19th	2km stretching 6x20second strides 80 percent
Sunday 20th	10 mile
Week 16	
Monday 21st	6km walk
Tuesday 22nd	Rest Day
Wednesday 23rd	8km jog/walk/run
Thursday 24th	40min brisk walk
Friday 25th	rest / 30min walk
Saturday 26th	4km 10 x 20sec strides 80 percent
Sunday 27th	12km