

Week 17	
Monday 28th	rest or 30min walk
Tuesday 29th	45 min brisk walk/power walk
Wednesday 30th	8km
Thursday 1st July	45 min power walk
Friday 2nd	rest or 30min walk
Saturday 3rd	4 km 10x 20 sec strides 80 percent
Sunday 4th	16km
Week 18	
Monday 5th	rest or 30min walk
Tuesday 6th	45min power walk
Wednesday 7th	8km
Thursday 8th	45min power walk
Friday 9th	rest or 30min walk
Saturday 10th	6km 10x 20sec strides 80 percent
Sunday 11th	18km
Week 19	
Monday 12	rest or walk
Tuesday 13	40km walk
Wednesday 14	8km
Thursday 15	40min walk
Friday 16	rest or walk
Saturday 17	4km 8 x 20sec strides
Sunday 18	10km
Week 20	
Monday 19	rest
Tuesday 20	40min walk
Wednesday 21	6km and 8 strides
Thursday 22	40min walk
Friday 23	rest
Saturday 24	2km plus 6 x 20 sec strides
Sunday 25	Half Marathon