

Week 22	
Monday 26th	30 min walk
Tuesday 27th	rest
Wednesday 28th	30min walk
Thursday 29th	rest
Friday 30th	rest
Saturday 31st	8km
Sunday 1st	16km
August	
Week 23	
Monday 2nd	30min walk
Tuesday 3rd	6km walk/jog/run
Wednesday 4th	8km walk/jog/run
Thursday 5th	40 min
Friday 6th	rest
Saturday 7th	8km walk/jog/run
Sunday 8th	20km
Week 24	
Monday 9th	30min walk/rest
Tuesday 10Th	6km walk run
Wednesday 11th	8km
Thursday 12th	40min walk
Friday 13th	rest
Saturday 14th	8km
Sunday 15th	22km
Week 25	
Monday 16th	30min walk / rest
Tuesday 17th	6km
Wednesday 18th	8km
Thursday 19th	40 min walk
Friday 20th	rest
Saturday 21st	8km
Sunday 22nd	24km