

<u>Week 5</u>	
Monday 5th	Easy walk 30 min
Tuesday 6th	4km
Wednesday 7th	Easy walk 30 min
Thursday 8th	4km
Friday 9th	Easy walk 30 min
Saturday 10th	5km
Sunday 11th	10km
<u>Week 6</u>	
Monday 12th	Easy 30 min walk stretching
Tuesday 13th	5km
Wednesday 14th	Easy 30 min walk stretching
Thursday 15th	5km
Friday 16th	Easy 30 min walk stretching
Saturday 17th	2km stretching
Sunday 18th	<u>5km test</u>
<u>Week 7</u>	
Monday 19th	35min Easy Walk stretching
Tuesday 20th	Rest
Wednesday 21st	4km plus 5x100 fast Walk
Thursday 22nd	Brisk 30min Walk
Friday 23rd	2km plus 5x100/100
Saturday 24th	5km
Sunday 25th	8km
<u>Week 8</u>	
Monday 26th	35 min Easy Walk/Gym
Tuesday 27th	5km
Wednesday 28th	Walk 35 min
Thursday 29th	5km 6x100/100
Friday 30th	Walk 35 min
Saturday 31st	5km
Sunday 1st May	10km