

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