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| Week 34 | |
| Monday 18th | rest |
| Tuesday 19th | 6km |
| Wednesday 20th | 12km |
| Thursday 21st | 6km |
| Friday 22nd | rest |
| Saturday 23rd | 6km |
| Sunday 24th | 30km |
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| Week 35 | |
| Monday 25th | rest/walk |
| Tuesday 26th | rest/walk |
| Wednesday 27th | 10km |
| Thursday 28th | rest/walk |
| Friday 29th | 8km |
| Saturday 30th | rest/walk |
| Sunday 31st | 25km |
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| Week 36 | |
| Monday 1st | 6km |
| Tuesday 2nd | rest |
| Wednesday 3rd | 10km |
| Thursday 4th | rest |
| Friday 5th | 6km |
| Saturday 6th | 15km |
| Sunday 7th | rest |
| | |
| Week 37 | |
| Monday 8th | 6km |
| Tuesday 9th | resy |
| Wednesday 10th | 6km |
| Thursday 11th | rest |
| Friday 12th | warm up 2km plus stretching |
| Saturday 13th | Marathon day |
| Sunday | |