

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
14-Feb	Leg strength	5	Box or int run	7	Arm strength	Cross training	Rest
21-Feb	Leg strength	5	Box or int run	7.5	Arm strength	Cross training	Rest
28-Feb	Leg strength	6	Box or int run	8	Arm strength	Cross training	Rest
7-Mar	Leg strength	6	Box or int run	8.5	Arm strength	Cross training	Rest
14-Mar	Leg strength	7	Box or int run	9	Arm strength	Cross training	Rest
21-Mar	Leg strength	7	Box or int run	9.5	Arm strength	Cross training	Rest
28-Mar	Leg strength	8	Box or int run	10	Arm strength	Cross training	Rest
4-Apr	Leg strength	8	Box or int run	11	Arm strength	Cross training	Rest
11-Apr	Leg strength	9	Box or int run	12	Arm strength	Cross training	Rest
18-Apr	Leg strength	9	Box or int run	13	Arm strength	Cross training	Rest
25-Apr	Leg strength	10	Box or int run	17	Arm strength	Cross training	Rest
2-May	Leg strength	9	Box or int run	15	Arm strength	Cross training	Rest
9-May	Leg strength	8	Box or int run	13	Arm strength	Cross training	Rest
16-May	Leg strength	7	Box or int run	7	Arm strength	Walk	Race Day!