

aim by Sunday	MON	TUE	WED	THU	FRI	SAT	SUN
WK1	4/7	5/7	6/7	7/7	8/7	9/7	10/7
35mins running (start wk 5 of training prog)	3.23km in 22mins @ steady run	WEIGHTS	3.64km in 25mins @ steady run. + skating	OFF	3.8km in 25mins (treadmill)	4.57km in 32mins- FUCK YEAH!	WEIGHTS + skating
WK2	11/7						
40mins running	INJURY	INJURY	INJURY	INJURY	INJURY	INJURY	INJURY
WK3	18/7						
45mins running	INJURY	Hike (6km)	7.05KM in 50mins. YAY!	skating (30 mins)			
WK4	25/7						
45mins running	3.29km in 20.15 mins @fast pace						
WK5	1/8						
4 miles (6.4km)							
WK6	8/8						
4 miles (6.4km)							
WK7	15/8						
5 miles (8km)							
WK8	22/8						
							AIM: 5K HERE
WK9	29/8						

