

NOOSA 10KM

MON

TUE

WED

THU

FRI

SAT

SUN

| | | | | | | | |
|---|-------------------------------------|-----|-------------------|-----|-------------------|-----|-------------------------|
| 1 | March 7 Strength Training | 2km | Strength Training | 3km | Strength Training | 3km | March 13 Rest |
| 2 | Strength Training | 4km | Strength Training | 3km | Strength Training | 4km | March 20 Rest |
| 3 | Strength Training | 4km | Strength Training | 3km | Strength Training | 5km | March 27 Rest |
| 4 | Strength Training | 4km | Strength Training | 3km | Strength Training | 6km | April 3 Rest |
| 5 | Strength Training | 4km | Strength Training | 3km | Strength Training | 7km | April 10 Rest |
| 6 | Strength Training | 4km | Strength Training | 3km | Strength Training | 8km | April 17 Rest |

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|-----------|-------------------------------------|-----|-------------------|-----|-------------------|---------------------------|-------------------------|
| 7 | March 7 Strength Training | 4km | Strength Training | 3km | Strength Training | 9km | April 24 Rest |
| 8 | Strength Training | 4km | Strength Training | 3km | Strength Training | 10km | May 1 Rest |
| 9 | Strength Training | 5km | Strength Training | 3km | Strength Training | 8km | May 8 Rest |
| 10 | Strength Training | 5km | Strength Training | 3km | Strength Training | 6km | May 15 Rest |
| 11 | Strength Training | 4km | Strength Training | 3km | Strength Training | 5km | May 22 Rest |
| 12 | Strength Training | 4km | Strength Training | 3km | Strength Training | May 28 10KM RUN | WELL DONE!! |