

NOOSA HALF

MON

TUE

WED

THU

FRI

SAT

SUN

1	March 7 Strength Training	6km	Strength Training	5km	Strength Training	5km	March 13 Rest
2	Strength Training	6km	Strength Training	5km	Strength Training	7km	March 20 Rest
3	Strength Training	6km	Strength Training	5km	Strength Training	9km	March 27 Rest
4	Strength Training	6km	Strength Training	5km	Strength Training	11km	April 3 Rest
5	Strength Training	6km	Strength Training	5km	Strength Training	13km	April 10 Rest
6	Strength Training	6km	Strength Training	5km	Strength Training	15km	April 17 Rest

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7	March 7 Strength Training	6km	Strength Training	5km	Strength Training	17km	April 24 Rest
8	Strength Training	6km	Strength Training	5km	Strength Training	19km	May 1 Rest
9	Strength Training	6km	Strength Training	5km	Strength Training	21km	May 8 Rest
10	Strength Training	6km	Strength Training	5km	Strength Training	18km	May 15 Rest
11	Strength Training	6km	Strength Training	5km	Strength Training	12km	May 22 Rest
12	Strength Training	6km	Strength Training	5km	Strength Training	May 28 HALF MARATHON	WELL DONE!!