

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	1		2		3		
2	4		5		6		
3	7		8		9		
4	10		11		12		
5	13		14		15		
6	16		17		18		
7	19		20		21		
8	22		23		24		
9	25		26		27		
10	28		29		30		
11	31		32		33		
12	34		35		36		<u>5k</u>