

| Overview | <40 Km   1 Mile Guide |     |     |     |     |     | Weeks : 12 |
|----------|-----------------------|-----|-----|-----|-----|-----|------------|
| 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  |     | 1M         |