

## Week One

Activity

Day No	Day	Date	Month		Distance	Time	Min / Km	Total Km
One				Running	2 km			
Two				Running	2 km			
Three				25 sit ups, 25 push ups, walk		15 min		
Four				Rest				
Five				Running	4km			
Six				Rest				
Seven				Walk	2 km			10 km

## Week Two

Activity

Day No	Day	Date	Month		Distance	Time	Min / Km	Total Km
One				Hills (50 m x 3) x 3 sets	0.450 km			
Two				Walk	2 km			
Three				Rest				
Four				Run	4 km			
Five				25 sit ups, 25 push ups, walk	2 km			
Six				Rest				
Seven				Running	4 km			12 km

## Week Three

Activity

Day No	Day	Date	Month		Distance	Time	Min / Km	Total Km
One				Walk		30 min		

Two				Running	5 km		
Three				Rest			
Four				Running	2 km		
Five				40 sit ups, 30 push ups, walk	4 km		
Six				Rest			
Seven				Running	4 km		<b>15 km</b>

## Week Four

### Activity

Day No	Day	Date	Month		Distance	Time	Min / Km	Total Km
One				Hills (50m x 4) x 4 sets	0.8 km			
Two				Walk	3 km			
Three				Running	6 km			
Four				Rest				
Five				Running	6 km			
Six				Running	4 km			
Seven				Rest				<b>20 km</b>

## Week Five

### Activity

Day No	Day	Date	Month		Distance	Time	Min / Km	Total Km
One				Hills (50 m x 4) x 4 sets	0.8km			
Two				Running	4 km			
Three				Running	4 km			
Four				50 sit ups, 35 push ups, walk		30 mim		
Five				Running	2 km			
Six				Rest				
Seven				Running	10 km			<b>20 km</b>

## Week Six

Activity

Day No	Day	Date	Month		Distance	Time	Min / Km	Total Km
One				Walk	4 km			
Two				Running	6 km			
Three				Running	4 km			
Four				Running	4 km			
Five				Rest				
Six				Running	10 km			
Seven				50 sit ups, 35 push ups, walk	2 km			30 km