

Week Beginning	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Stage
01-Mar-10		5 Miles	Fundraising	Cross Training Session		8 Miles		Progression
08-Mar-10		6 Miles	Fundraising	Cross Training Session		10 Miles		
15-Mar-10		7 Miles	Fundraising	Cross Training Session		12 Miles		
22-Mar-10		8 Miles	Fundraising	Rest		14 Miles over Hills		Peak 1
29-Mar-10		Recovery Training Session	Fundraising	Cross Training Session		10 Miles		Progression
05-Apr-10		8 Miles	Fundraising	Cross Training Session		12 Miles		
12-Apr-10		9 Miles	Fundraising	Cross Training Session		16 Miles		
19-Apr-10		10 Miles	Fundraising	Rest		22 Miles over Hills		Peak 2
26-Apr-10		Recovery Training Session	Fundraising	Cross Training Session		12 Miles		Taper
03-May-10		10 Miles	Fundraising	Cross Training Session		8 Miles		
10-May-10		6 Miles	Fundraising	Rest		Hearts & Heroes!!!		