

# MATT'S TRAINING DIARY

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	17-Mar							
WEEK 2	24-Mar		TRAINING SESSION		TRAINING SESSION	REST DAY	REST DAY	Run 2 miles continuously.
WEEK 3	31-Mar	walk 1-3 minutes, run 18 minutes	TRAINING SESSION	walk 1-3 minutes, run 18 minutes	TRAINING SESSION	REST DAY	REST DAY	continuously or 2 miles continuously
WEEK 4	07-Apr	Run 30 minutes continuously	TRAINING SESSION	Run 30 minutes continuously	TRAINING SESSION	REST DAY	REST DAY	Run 3 miles continuously
WEEK 5	14-Apr	Run 30 minutes continuously	TRAINING SESSION	Run 30 minutes continuously	TRAINING SESSION	REST DAY	REST DAY	Run 40-45 minutes continuously
WEEK 6	21-Apr	Run 30 minutes continuously	TRAINING SESSION	Run 40 minutes continuously	TRAINING SESSION	REST DAY	REST DAY	Run 4 miles continuously
WEEK 7	28-Apr	Run 30 minutes continuously	TRAINING SESSION	Run 40 minutes continuously	TRAINING SESSION	REST DAY	REST DAY	Run 50 minutes continuously
WEEK 8	05-May	Run 45 minutes continuously	TRAINING SESSION	Run 45 minutes continuously	TRAINING SESSION	REST DAY	REST DAY	Run 6 miles continuously
WEEK 9	12-May	Run 40 minutes continuously	TRAINING SESSION	Run 30 minutes continuously	TRAINING SESSION	REST DAY	REST DAY	Run 10km and time yourself
WEEK 10	19-May	Run 30 minutes continuously	TRAINING SESSION	Run 30 minutes continuously	TRAINING SESSION	Run 40 minutes continuously	REST DAY	THE BIG DAY