



2018 TRAINING CLUB SCHEDULE

GROUP 1 - SLOW PACE
5:40 MIN KM TO 6:40 MIN KM

GROUP 2 - MEDIUM PACE
5 MIN KM TO 5:30 MIN KM

WEEK NO.	DAY	DATE	MEDIUM RUN DISTANCE IN KM	LONG RUN DISTANCE IN KM	MEDIUM RUN DISTANCE IN KM	LONG RUN DISTANCE IN KM
1	SUNDAY	5 / 8	10	22	14	24
	WEDNESDAY	8 / 8	6	10	8	10
2	SUNDAY	12 / 8	12	24	16	26
	WEDNESDAY	15 / 8	8	10	8	10
3	SUNDAY	19 / 8	14	26	14	28
	WEDNESDAY	22 / 8	10	12	10	14
4	SUNDAY	26 / 8	16	28	17	30
	WEDNESDAY	29 / 8	10	14	10	16
5	SUNDAY	2 / 9	12	24	18	26
	WEDNESDAY	5 / 9	10	14	10	16
6	SUNDAY	9 / 9	18	32	20	34
	WEDNESDAY	12 / 9	8	12	8	12
7	SUNDAY	16 / 9	21	34	22	36
	WEDNESDAY	19 / 9	10	14	10	16
8	SUNDAY	23 / 9	20	28	22	32
	WEDNESDAY	26 / 9	8	12	8	12
9	SUNDAY	30 / 9	14	20	16	24
	WEDNESDAY	3 / 10	8	10	8	10
10	SUNDAY	7 / 10	10	14	12	16
	WEDNESDAY	10 / 10	6	8	6	8