



32k Solo 18 Week Training Programme

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pre 19 July	Rest Day	20 minutes Road/easy trail	Rest Day	20 minutes Road/easy trail	Rest Day	30 minutes Road/easy trail	Rest Day
19 July	Rest Day	30 minutes Road/easy trail	Rest Day	30 minutes Road/easy trail	Rest Day	30 minutes Road/easy trail	Rest Day
26 July	Rest Day	30 minutes Road/easy trail	Rest Day	30 minutes Road/easy trail	Rest Day	30 minutes Road/easy trail	Rest Day
2 Aug	Rest Day	30 minutes Road/easy trail	Rest Day	30 minutes Road/easy trail	Rest Day	5km hilly off road	Rest Day
9 Aug	Rest Day	30 minutes Road/easy trail	Rest Day	30 minutes Road/easy trail	Rest Day	5km hilly off road	5km off road
16 Aug	Rest Day	30 minutes Road/easy trail	Rest Day	40 minutes Road/easy trail	Rest Day	10km hilly off road	8km off road
23 Aug	Rest Day	30 minutes Road/easy trail	Rest Day	40 minutes Road/easy trail	Rest Day	10km hilly off road	8km off road
30 Aug	Rest Day	35 minutes Road/easy trail	Rest Day	45 minutes Road/easy trail	Rest Day	11km hilly off road	9 km off road
6 Sep	Rest Day	40 minutes Road/easy trail	Rest Day	50 minutes Road/easy trail	Rest Day	12 km hilly off road	10 km off road
13 Sep	Rest Day	35 minutes Road/easy trail	Rest Day	45 minutes Road/easy trail	Rest Day	11km hilly off road	9km off road
20 Sep	Rest Day	40 minutes Road/easy trail	Rest Day	50 minutes Road/easy trail	Rest Day	12 km hilly off road	10 km off road
27 Sep	Rest Day	45 minutes Road/easy trail	Rest Day	55 minutes Road/easy trail	Rest Day	14 km hilly off road	11 km off road
4 Oct	Rest Day	35 minutes Road/easy trail	Rest Day	60 minutes Road/easy trail	Rest Day	16 km hilly off road	12 km off road
11 Oct	Rest Day	45 minutes Road/easy trail	Rest Day	50 minutes Road/easy trail	Rest Day	12 km hilly off road	9km off road
18 Oct	Rest Day	50 minutes Road/easy trail	Rest Day	55 minutes Road/easy trail	Rest Day	15 km hilly off road	11 km off road
25 Oct	Rest Day	55 minutes Road/easy trail	Rest Day	65 minutes Road/easy trail	Rest Day	18 km hilly off road	15 km off road
1 Nov	Rest Day	40 minutes Road/easy trail	Rest Day	50 minutes Road/easy trail	Rest Day	16 km hilly off road	10 km off road
8 Nov	Rest Day	30 minutes Road/easy trail	Rest Day	40 minutes Road/easy trail	Rest Day	Yay! It's Race Day	Celebrate! 🍷🍺🍻