Runner's Plan for the 17.7 km

Week	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		Weekly total	
	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Actual	Planned	Acutal
02.03.2015	stretching and core				5		stretching and core				8		4		17	
09.03.2015	stretching and core				5		stretching and core				9,5		4,5		19	
16.03.2015	stretching and core				5		stretching and core				11		5		21	
23.03.2015	stretching and core				5		stretching and core				14		5		24	
30.03.2015	stretching and core				5		stretching and core				16,5		4		25,5	
06.04.2015	stretching and core				5		stretching and core				8		4		17	
13.04.2015	stretching and core				5		stretching and core				Rest		Race Day			
19.04.2015	Run Day															