

WILDONES MARAFUN TRAINING PROGRAM

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
M	Run 0.6 KM	Run 1.6 KM	Run 1.6 KM	Run 2.4 KM	Run 1.6 KM	Run 2.4 KM
T						
W	Run 0.8 KM	Run 1.6 KM	Run 1.6 KM	Run 1.6 KM	Run 2.4 KM	Run 2.4 KM
T						
F	Run 0.8 KM	Run 1.6 KM	Run 2.4 KM	Run 1.6 KM	Run 1.6 KM	Run 0.8 KM
S	Run 1.6 KM	Run 2.4 KM	Run 1.6 KM	Run 3.6 KM	Run 2.4 KM	 RUNWILD <small>Canada</small> 
S					 RUNWILD <small>Canada</small> 	