

Sulphur Springs 2019 10km
May 25, 2019

| Week | Saturday | Tuesday | Thursday |
|---------------|-----------------|----------------------|------------------------------|
| 1 March 2 | 5km | 5km | 5km w hills x 4 |
| 2 March 9 | 6km | 5km (hilly route) | 5km w 30 sec sprints x 8 |
| 3 March 16 | 7km | 5km | 5km w hills x 5 |
| 4 March 23 | 8km | 6km (hilly route) | 6km w 45 sec sprints x 9 |
| 5 March 30 | 9km | 6km | 6km w hills x 6 |
| 6 April 6 | 10km | 6km (hilly route) | 6km w 45 sec sprints x 10 |
| 7 April 13 | 11km | 7km | 7km w hills x 7 |
| 8 April 20 | 8km | 7km (hilly route) | 7km w 45 sec sprints x 10 |
| 9 April 27 | 13km | 7km | 7km w hills x 8 |
| 10 May 4 | 15km | 8km (hilly route) | 6km w 45 sec sprints x 10 |
| 11 May 11 | 10km | 8km | 6km |
| 12 May 18 | 5km | 5km | 5km |
| 13 May 25 | Race Day | | |