

Sulphur Springs 2019 Modified 25km
May 25, 2019

Week	Saturday	Tuesday	Thursday
1 March 2	11km	8km	7km w hills x 4
2 March 9	13km	8km (hilly route)	7km w 30 sec sprints x 8
3 March 16	10km	8km	7km w hills x 5
4 March 23	15km	9km (hilly route)	8km w 45 sec sprints x 9
5 March 30	17km	9km	8km w hills x 6
6 April 6	12km	9km (hilly route)	8km w 45 sec sprints x 10
7 April 13	19km	10km	9km w hills x 7
8 April 20	22km	10km (hilly route)	9km w 45 sec sprints x 10
9 April 27	15km	10km	9km w hills x 8
10 May 4	25km	10km (hilly route)	10km w 45 sec sprints x 10
11 May 11	20km or 27km	10km	10km
12 May 18	15km	5km	5km
13 May 25	Race Day		