

BE STRONG

Eat. Move. Live

ROUTE 66 TRAINING PLAN – Commences 24th January 2022

DATES	Week	WALK 1	Notes	WALK 2	Notes	WALK 3	Notes	Tot Wk
		MILES		MILES		MILES		
24/01/2022	1	2		2		3		7
31/01/2022	2	2		2		3		7
07/02/2022	3	3		3		4		10
14/02/2022	4	3		3		5		11
21/02/2022	5	3		4		6		13
28/02/2022	6	3		4		8		15
07/03/2022	7	4		4		10		18
14/03/2022	8	4		4		12		20
21/03/2022	9	4		4		14		22
28/03/2022	10	4		4		16		24
04/04/2022	11	4		4		18		26
11/04/2022	12	4		4		20		28
18/04/2022	13	4		4		22		30
25/04/2022	14	4		4		16		24
02/05/2022	15	4		4		10		18
09/05/2022	16	2		2				4
						Total Miles		277