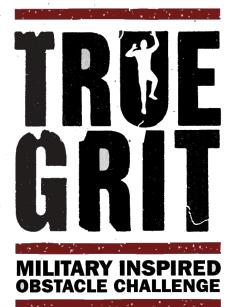




# 10 WEEKS TO TRUE GRIT ADELAIDE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	29/02/16	01/03/16	02/03/16	03/03/16	04/03/16	05/03/16	06/03/16
	REST	Base Camp 9:30am Lift Camp Class	4km run	REST	Base Camp 6:30pm True Grit Class	3km easy run	4km trail run
2	07/03/16	08/03/16	09/03/16	10/03/16	11/03/16	12/03/16	13/03/16
	REST	3km run	4km run	REST	Base Camp 6:30pm True Grit Class	3km easy run	5km trail run
3	14/03/16	15/03/16	16/03/16	17/03/16	18/03/16	19/03/16	20/03/16
	REST	Base Camp 9:30am Lift Camp Class	4km run	REST	Base Camp 6:30pm True Grit Class	3km easy run	6km trail run
4	21/03/16	22/03/16	23/03/16	24/03/16	25/03/16	26/03/16	27/03/16
	REST	3km run	5km run	REST	Base Camp 6:30pm True Grit Class	3 km easy run	8km trail run
5	28/03/16	29/03/16	30/03/16	31/03/16	01/04/16	02/04/16	03/04/16
	REST	Base Camp 9:30am Lift Camp Class	5km run	REST	Base Camp 6:30pm True Grit Class	3km easy run	10km trail run
6	04/11/16	05/11/16	06/11/16	07/11/16	08/11/16	09/11/16	10/11/16
	REST	4km run	5km run	REST	Base Camp 6:30pm True Grit Class	4km easy run	11km trail run
7	11/04/16	12/04/16	13/04/16	14/04/16	15/04/16	16/04/16	17/04/16
	REST	Base Camp 9:30am Lift Camp Class	6km run	REST	Base Camp 6:30pm True Grit Class	4km easy run	12km trail run
8	18/04/16	19/04/16	20/04/16	21/04/16	22/04/16	23/04/16	24/04/16
	REST	4km run	5km run	REST	Base Camp 6:30pm True Grit Class	4km easy run	9km trail run
9	25/04/16	26/04/16	27/04/16	28/04/16	29/04/16	30/04/16	01/05/16
	REST	Base Camp 9:30am Lift Camp Class	4km run	REST	Base Camp 6:30pm True Grit Class	3km easy run	8km trail run
10	02/05/16	03/05/16	04/05/16	05/05/16	06/05/16	07/05/16	08/05/16
	REST	5km run	3km run	3km walk	REST	True Grit	True Grit