

5 Ferry Challenge - Ten Week Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	5 miles	5 miles	Rest	5 miles	Rest	15 miles
2	Rest	5 miles	10 miles	Rest	5 miles	Rest	20 miles
3	Rest	5 miles	10 miles	Rest	10 miles	Rest	25 miles
4	Rest	5 miles	Rest	5 miles	Rest	20 miles	Rest
5	Rest	10 miles	10 miles	Rest	15 miles	Rest	30 miles
6	Rest	10 miles	10 miles	Rest	15 miles	Rest	35 miles
7	Rest	10 miles	10 miles	Rest	15 miles	Rest	45 miles
8	Rest	10 miles	Rest	10 miles	Rest	30 miles	Rest
9	Rest	15 miles	15 miles	Rest	15 miles	Rest	45 miles
10	Rest	15 miles	15 miles	Rest	15 miles	Rest	50 miles