

2025 Training Plan overview

Wk	Sunday	Weeks to go			
1	5/1/2025				
2	12/1/2025				
3	19/1/2025	-17			
4	26/1/2025	-16			
5	2/2/2025	-15			
6	9/2/2025	-14			
7	16/2/2025	-13			
8	23/2/2025	-12			
9	2/3/2025	-11			
10	9/3/2025	-10	-17		
11	16/3/2025	-9	-16		
12	23/3/2025	-8	-15		
13	30/3/2025	-7	-14		
14	6/4/2025	-6	-13		
15	13/4/2025	-5	-12		
16	20/4/2025	-4	-11		
17	27/4/2025	-3	-10		
18	4/5/2025	-2	-9		
19	11/5/2025	-1	-8		
20	18/5/2025	GOR	-7		
21	25/5/2025		-6		
22	1/6/2025		-5		
23	8/6/2025		-4		
24	15/6/2025		-3	-17	
25	22/6/2025		-2	-16	
26	29/6/2025		-1	-15	
27	6/7/2025		Gold Coast	-14	
28	13/7/2025			-13	
29	20/7/2025			-12	
30	27/7/2025			-11	
31	3/8/2025			-10	
32	10/8/2025			-9	
33	17/8/2025			-8	
34	24/8/2025			-7	
35	31/8/2025			-6	
36	7/9/2025			-5	
37	14/9/2025			-4	
38	21/9/2025			-3	-16
39	28/9/2025			-2	-15
40	5/10/2025			-1	-14
41	12/10/2025			Melb Marathon	-13
42	19/10/2025				-12
43	26/10/2025				-11
44	2/11/2025				-10
45	9/11/2025				-9
46	16/11/2025				-8
47	23/11/2025				-7
48	30/11/2025				-6
49	7/12/2025				-5
50	14/12/2025				-4
51	21/12/2025				-3
52	28/12/2025				-2
53	4/1/2026				-1
54	11/1/2026				Two Bays 26
55	18/1/2026				