

| Fuelling / day | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------|---------------|----------------|------------------|-----------------|---------------|-----------------|---------------|
| Pre -Training | | | | | | | |
| Training | | | | | | | |
| Breakfast | | | | | | | |
| Morning Tea | | | | | | | |
| Lunch | | | | | | | |
| Afternoon tea | | | | | | | |
| Training | | | | | | | |
| Dinner | | | | | | | |
| Supper | | | | | | | |