

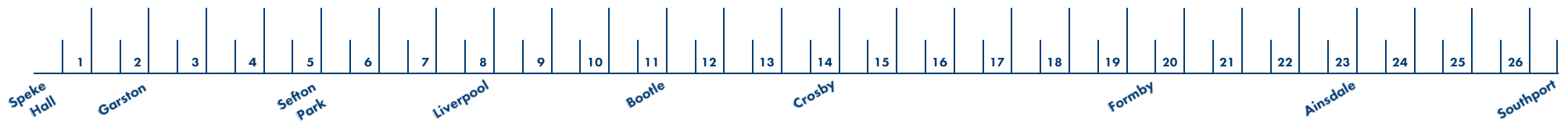


Marathon in a month

Your name:

Running a marathon in one go is a big effort and requires a lot of training, but you can do your very own marathon over the course a month - you choose what you do and when you do it, meaning you only need to average just less than a mile each day to cover the 26.2 mile distance, which is roughly the equivalent of travelling from Speke Hall up to Southport. Mark down how many miles you do each day on the chart below, and colour in your progress as you travel up the Mersey coast. Go on, you can do it!

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28



Once you've completed your challenge simply take a photo/scan of this sheet and email it to myactiveworklife@merseysidesport.com and we'll send you a certificate of your achievement! We'd love to see some pictures of you taking part too - email them in or tweet us via @MerseysideSport

Ready for your next challenge? Try our 100 mile Tour of Merseyside challenge!

