

ROGRESS TRACK

s useful as activity trackers and GPS watches are, there's something reassuring about a simple table that you can fill in and stick to the fridge. That's why we've included this handy tracker, so you can keep up

to date with your progress in an easy way. So, starting with your first run, fill in your daily totals and watch how quickly the miles pile up. When you reach your total (or even if you don't) share your achievements with us on social media.







											N _Q		SPORTS			SHOES		MONTA	NÉ
NAME	s								START DATE_		/		/ 2019		END DATE			/	/2019
	М	т	w	т	F	S	S	TOTAL		М	т	w	т	F	S	s	TOTAL	200	o MIII EGI
WEEK1					_		_		WEEK 29	_								100) MILES!
VEEK 2					_	_			WEEK 30	_								984	990
VEEK 3					_				WEEK 31	_				<u> </u>				Norwich to Sarajevo	980 970 960
VEEK 4									WEEK 32									932	950
		R	UNN		ATO						RI	JINNI		ATO				Crossing of the Gobi	940 930 920
	_				MILES					_	_			MILES				desert 874	910
VE EK 5									WEEK 33									Land's End	880 870
VEEK 6									WEEK34									O'Groats by car	850 850 840
VEEK 7				-	$\overline{}$		$\overline{}$		WEEK 35					$\overline{}$				750 Length of	830
VEEK 8				-	$\overline{}$		-		WEEK 36					-				the Alps	790
		R	UNN	NG 1	ОТА	_					R	UNNI	NGT	OTA				746 Length	780
		Г			MILES									MILES				Length of Weish coastline	760 750 740
																		700	730
VE EK 9									WEEK 37									Furthest a lostd og has	720
EEK 10									WEEK 38									from home	690
VEEK 11									WEEK 39									630 Length of	670 660 650
VEEK 12									WEEK 40									the South West Coast	640
		R	UNN	NG 1	ОТА	L					R	UNNI	NGT	OTA				Path	630 620 610
_					MILES	5	_							MILES		_		603 Land's End	590
			_									_						to John O'Groats	580 570 580
/EEK 13									WEEK 41									by crow	550 540
EEK14									WEEK42									477 Length of	\$30 \$20 \$10
/EEK 15									WEEK43									Camino de Santiago	-
EEK 16									WEEK 44									440	490 490 480 470
		R	UNN	ING 1	ATOT	L					RI	UNNI	NGT	OTA	<u>L</u>			Length of the Western Front	460
					MILES	5								MILES				410	440 430 420
		=	$\overline{}$		_	=	_				=	$\overline{}$		_				Length of the Al	410
/EEK17					_				WEEK45	_								373	280
/EEK18					<u> </u>	_	<u> </u>		WEEK 46	_				<u> </u>				Height of Hubble above Earth	100
/EEK19					<u> </u>	_	<u> </u>		WEE K 47	_				<u> </u>				268	340
E EK 20									WEEK48									The Penrine Way	3 10
		R	UNN		ATO						R	UNNI		OTA				253.5	290
	_				MILES									MILES				The length of the London	280 270 260
/EEK 21			$\overline{}$	_					WEEK49									Underground 242	250 240 230
EEK 22					\vdash				WEEK 50					\vdash				Distance from Luton to Paris	220
/EEK 22					\vdash		\vdash		WEEK 50					\vdash				192	190
VEEK 24					\vdash		\vdash		WEEK 51					\vdash				Wainwright's Coast to	180
			INTER	NIC					WEEK 52	_	_	10.00	NI C	0.74		_		Coast walk	150 150 140
		R	UNN		OTA						R	JINN		OTA				A lap of	130
					MILES					_				MILES				the M25 38.6	120
EEK 25			$\overline{}$															Everest Base Camp from	90
					_						A I	N		_	_			Lukia	70 60 50
/EEK 26			_		\vdash		\vdash		G	ĸ	A	NI	U	П		IP	\L	6 miles How far a	40
/EEK 27 /EEK 28			_		\vdash		\vdash											snail travels in a year	20
PEEK 28			IMA	NG.	TOTAL									М	ш	Æ	S		#RUN:
		R	UNIN		MILES				ľM		4	0	~	1	м		ED		OOC.
					PHILES	•				-							_	•	WIII