

GREAT SOUTH RUN SOLO

Keep track of your progress! Mark off each run by writing your distance in the relevant day and tallying up at the end of each week. Every runner who completes 25 runs (or more) will receive a special edition medal. GOOD LUCK!

SEPTEMBER

M	T	W	T	F	S	S	WEEKLY TOTAL
	START 1	2	3	4	5	6	
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	25	26	27	
28	29	30					

OCTOBER

M	T	W	T	F	S	S	WEEKLY TOTAL
			1	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15	16	17	FINISH 18	