

Teens TARGET 30



JOIN Mayo Sports Partnership in the lead up to the Mini Marathon. We want teenage girls to target 30 MINUTES a day of WALKING, JOGGING or RUNNING in the lead up to the mini marathon on the May bank holiday.

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|---------------------------------------|----------------------|--------|--------------------------------------|-----------------------------------|--------|--------|----------------------------------|
| Starting March 30th - April 30th 2021 | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
| | | | | | | | <i>Week 1 Complete Great Job</i> |
| | DAY 8 | DAY 9 | DAY 10 | DAY 11 | DAY 12 | DAY 13 | DAY 14 |
| | | | | <i>Almost there Keep it up!</i> | | | |
| | DAY 15 | DAY 16 | DAY 17 | DAY 18 | DAY 19 | DAY 20 | DAY 21 |
| | <i>Don't Give Up</i> | | | | | | |
| DAY 22 | DAY 23 | DAY 24 | DAY 25 | DAY 26 | DAY 27 | DAY 28 | |
| <i>Don't forget to Stay Hydrated</i> | | | | <i>Amazing work Push Yourself</i> | | | |
| DAY 29 | DAY 30 | DAY 31 | DAY 32 | | | | |
| | | | <i>CONGRATULATIONS YOU'RE READY!</i> | | | | |

How do you feel?

Week 1: _____

Week 2: _____

Week 3: _____

Week 4: _____

Week 5: _____

