

# Teens TARGET 30



*Your Way, Your Hero, Your Say*

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.



<i>Track your training progress as you go!</i>	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 <i>Almost there Keep it up!</i>	DAY 12	DAY 13	DAY 14
	DAY 15	DAY 16 <i>Don't Give Up</i>	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
	DAY 22 <i>Don't forget to Stay Hydrated</i>	DAY 23	DAY 24	DAY 25	DAY 26 <i>Amazing work Push Yourself</i>	DAY 27	DAY 28
	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: \_\_\_\_\_

