




Join Mayo Sports Partnership and get ready with our Mini-Mini Fun Run RECORD CHART

We're inviting primary school children to run, walk or jog for free on Sunday, May 3rd, 2026, to coincide with the Mayo.ie Western People Women's Mini Marathon. Supported by Healthy Mayo



Track your training progress as you go!

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
						Week 1 complete - great job!
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
			Amazing work - push yourself!			
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
	Don't give up!					
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
don't forget to drink water!				Almost there, don't give up!		
DAY 29	DAY 30	DAY 31	DAY 32			
			Congratulations, you're ready!			

Mayo.ie
Western People
Women's
Mini Marathon 

How do you Feel?

Week 1: _____

Week 2: _____

Week 3: _____

Week 4: _____

Week 5: _____

