


Child name: _____

Topsham

School Running Club



Week W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTALS
Week 1 W/C 9 th November					BBC CIN - FRIDAY 13 th		HERE WE GO AGAIN!	
Week 2 W/C 16 th	THIS IS IT!							
Week 3 W/C 23 rd					COOL DOWN...			
Week 4 W/C 30 th	! WARM UP !							
Week 5 W/C 7 th December								
Week 6 W/C 14 th				STEADY...				
Week 7 W/C 21 st	THE HOME STRAIGHT							
Week 8 W/C 28 th								
Week 9 W/C 4 th January	THE FINAL MILE(S)				HOORAY!			
AIM	As a community collective, we aim to run to Tokyo and back: a total of 12120 miles! This is to represent the (hopefully) upcoming Olympics next summer.						GRAND TOTAL (add 'em all up!)	