

Your training planner

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------|--|---------|-----------|----------|--------|----------|--------|
| 15 WEEKS TO GO | If you haven't already, set up your JustGiving page and kick-start your fundraising today! | | | | | | |
| 14 WEEKS TO GO | | | | | | | |
| 13 WEEKS TO GO | £50 will enable us to answer 5 calls via our Helpline. Set yourself a challenge to raise that this week-you can do it! | | | | | | |
| 12 WEEKS TO GO | | | | | | | |
| 11 WEEKS TO GO | | | | | | | |
| 10 WEEKS TO GO | | | | | | | |
| 9 WEEKS TO GO | | | | | | | |
| 8 WEEKS TO GO | | | | | | | |

You've got this!

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------------|--|---------|-----------|----------|--------|----------|--------|
| 7 WEEKS TO GO | | | | | | | |
| 6 WEEKS TO GO | | | | | | | |
| 5 WEEKS TO GO | | | | | | | |
| 4 WEEKS TO GO | | | | | | | |
| 3 WEEKS TO GO | | | | | | | |
| 2 WEEKS TO GO | | | | | | | |
| 1 WEEK TO GO | Keep sharing your page and get those donations rolling in! | | | | | | |
| THE BIG DAY'S HERE | It's here! Carb up and get organised so you're ready to go for the big day | | | | | | |