



# Your training planner



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	How I'm Feeling
<b>15 weeks to go</b>	If you haven't already, set up your JustGiving page and kick-start your fundraising today!							
<b>14 weeks to go</b>								
<b>13 weeks to go</b>								
<b>12 weeks to go</b>	Have you set a fundraising target? Fundraising pages with a target raise 17% more than those without! Don't be afraid to aim high!							
<b>11 weeks to go</b>								
<b>10 weeks to go</b>	Be sure to stretch it out! Take care of yourself with ice baths, massages and plenty of water!							
<b>9 weeks to go</b>								
<b>8 weeks to go</b>								



# You've got this!



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	How I'm Feeling
<b>7 weeks to go</b>	Keep it real. Update your fundraising page with your training progress. Your supporters care about how you are getting on.							
<b>6 weeks to go</b>								
<b>5 weeks to go</b>	Keep sharing your page with friends, family and colleagues. Don't be afraid to ask them. If you don't ask, you don't get!							
<b>4 weeks to go</b>								
<b>3 weeks to go</b>								
<b>2 weeks to go</b>								
<b>1 week to go</b>								
<b>The big day's here</b>	It's here! Carb up and get organised so you're ready to smash the big race! You've got this!							