



RUN 50 MILES AND PUSH 500

During the month of September, let's give our selves a new challenge. For the 30 days during September. The challenge is to run 50 miles and perform 500 press ups or tri-cep dips.

To break this down. 50 miles is approximately **80.5km**. Meaning you can break down the run into 4 weeks, covering **20km** per week. This can be four x 5km runs per week. Or a mix of two x 5km runs and one 10km run each week. For this with limited time, I would suggest using Fit Club sessions as part of your running target. Each Fit Club should be considered as a 5km run.

Breaking down the push ups or tri-cep dips, the aim is to achieve 125 per week. Ideally this is conducting 25 reps 5 days of the week. Again for those with limited time, I would consider a Fit Club session as 25 reps towards your September total. I have provided a table below to help monitor your progress.

DAY	K.M'S COVERED	PUSHES COMPLETED
1		
2		
3		
4		
5		
6		
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10		
11		
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23		
24		
25		
26		
27		
28		
29		
30		
TOTAL		