

10 Days of 5k Challenge Calendar

Keep track of your 5k runs in March



Lace up!
Time
to start
running.

1

2	3	4	5	Popping to the shops? Why not run there?	6	7	8	
								Halfway through!
9	10	11	12		13	14	15	
		Try a new running route.						
16	17	18	19		20	21	22	
	Keep going!							
23	24	25	26		27	28	29	
30	31	You've done it! Put your feet up, hero.						

Visit cruk.org/10days5k



Together we are
beating cancer