



121 Fitness Center's Cleveland Marathon Kickoff Challenge

In honor of the Cleveland Marathon on Sunday, May 21st, we are challenging our members to train like they are competing! We are asking you to walk or run the different race distances every week. Walk or run a 10K (6.2 miles) during the week, a half marathon (13.1 miles) during the week, or a full marathon (26.2 miles) during the week. It's your choice which distance you want to tackle! Pick the appropriate distance for your fitness level and challenge yourself to meet that mileage every week through walking or running. Here's the catch—the mileage you walk or run must be PLANNED exercise. This means walking to your car after work or walking around the grocery store will not count towards your mileage. You must plan to walk or run x miles everyday to achieve your goal. You can plan a 2 mile walk at lunch, or run 3 miles before work, or walk 4 miles on the treadmill at 121 Fitness Center. So you're walking or running a 10K, half marathon, or full marathon every week on top of your normal daily steps. Since it's a challenge, if you meet your goal mileage, then you will be entered to win our weekly raffle drawing! There will be one raffle drawing winner from each tier (10K, Half Marathon, and Full Marathon) every week. To participate in the raffle, we ask that you forward your previous week's mileage to 121fitnesschallenge@gmail.com by every Tuesday at noon.

Goal: _____ Miles Per Week

Week 1 Monday, May 1-Sunday, May 7	May 1	May 2	May 3	May 4	May 5	May 6	May 7	Week 1 Total Miles
Week 2 Monday, May 8– Sunday, May 14	May 8	May 9 Reminder: Email mileage from week 1.	May 10	May 11	May 12	May 13	May 14	Week 2 Total Miles
Week 3 Monday, May 15-Sunday, May 21	May 15	May 16 Reminder: Email mileage from week 2.	May 17	May 18	May 19	May 20	May 21	Week 3 Total Miles Email mileage from week 3 by Tuesday