

Completing the challenge as an experienced runner

27 Days
27 Miles

Week 1	Weekly mileage target: 5.5 miles	1.5-mile interval run and long run 4 miles
Week 2	Weekly mileage target: 6.5 miles	2.5-mile interval run and long run 5 miles
Week 3	Weekly mileage target: 7 miles	1-mile interval run and long run 6 miles
Week 4	Weekly mileage target: 8 miles	1-mile interval run and long run 7 miles

Total 27 miles



Congratulations on completing 27 27 and raising money to help make sure no one has to face a mental health problem alone.