

Completing the challenge as an intermediate runner

27 ^{Days}
27 _{Miles}

Week 1	Weekly mileage target: 6.75 miles	2.25 miles x 3 days (or 1.125 miles for 6 days with one day rest)
Week 2	Weekly mileage target: 6.75 miles	2.25 miles x 3 days (or 1.125 miles for 6 days with one day rest)
Week 3	Weekly mileage target: 6.75 miles	2.25 miles x 3 days (or 1.125 miles for 6 days with one day rest)
Week 4	Weekly mileage target: 6.75 miles	2.25 miles x 3 days (or 1.125 miles for 6 days with one day rest)

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.