



**Number of laps**

**Mile completed**

## **Week One**

**Basic Training**

## **Week Two**

**Clocking up the miles**

## **Week Three**

**Half way there**

## **Week Four**

**Rammie-tastic!!**

## **Week Five**

**Looking good...**

## **Week Six**

**You are awesome!**





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You are awesome!

