

MY ROUTE PLANNER

Start to build your intentions and commitment to The Long Run by planning your first five routes.

STEP ONE

Set a target for your training!

I'm planning to complete _____ kms in my first 5 routes.

STEP THREE

Choose your training tracks!

My first five routes will be:

- 1 From _____ to _____ which is _____ Km.
I'll complete this on ____ September.
- 2 From _____ to _____ which is _____ Km.
I'll complete this on ____ September.
- 3 From _____ to _____ which is _____ Km.
I'll complete this on ____ September.
- 4 From _____ to _____ which is _____ Km.
I'll complete this on ____ September.
- 5 From _____ to _____ which is _____ Km.
I'll complete this on ____ September.

STEP FOUR

Celebrate your wins!

I'll share success with:

- My social networks
- My workplace
- My fundraising page
- My friends and family
- My local businesses

STEP TWO

Choose your tracker!

I will log my distance using:



RUN FOR THE ONE YOU LOVE.



Prostate Cancer
Foundation of Australia

theLONGrun