 **Road to Tokyo** 

 Name School

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday**  | **Wednesday** | **Thursday** | **Friday** | **Weekend** | **Total** |
| **Week 1** |  |  |  |  |  |  |  |
| **Week 2** |  |  |  |  |  |  |  |
| **Week 3** |  |  |  |  |  |  |  |
| **Week 4** |  |  |  |  |  |  |  |
| **Week 5** |  |  |  |  |  |  |  |
| **Week 6** |  |  |  |  |  |  |  |

**Keep a record of your miles achieved through the Summer Holidays. Hand this into your teacher in September to be awarded a certificate of achievement signed by Katherine Copeland GB 2012 London Gold medallist**

**BRONZE – 2000 miles SILVER – 4000 miles GOLD 6000 miles**