

Lockdown 100km Challenge

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
			DISTANCE ⁵ TIME	DISTANCE ⁶ TIME	DISTANCE ⁷ TIME	DISTANCE ⁸ TIME	DISTANCE TIME
DISTANCE ⁹ TIME	DISTANCE ¹⁰ TIME	DISTANCE ¹¹ TIME	DISTANCE ²¹ TIME	DISTANCE ³¹ TIME	DISTANCE ¹⁴ TIME	DISTANCE ¹⁵ TIME	DISTANCE TIME
DISTANCE ¹⁶ TIME	DISTANCE ¹⁷ TIME	DISTANCE ¹⁸ TIME	DISTANCE ¹⁹ TIME	DISTANCE ²⁰ TIME	DISTANCE ²¹ TIME	DISTANCE ²² TIME	DISTANCE TIME
DISTANCE ²³ TIME	DISTANCE ²⁴ TIME	DISTANCE ²⁵ TIME	DISTANCE ²⁶ TIME	DISTANCE ²⁷ TIME	DISTANCE ²⁸ TIME	DISTANCE ²⁹ TIME	DISTANCE TIME
DISTANCE ³⁰ TIME	DISTANCE ¹ TIME	DISTANCE ² TIME					DISTANCE TIME

Total run in lockdown.....