

#RunWithEliud



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The Daily Mile marathon challenge



START

1

26

FINISH

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Can your class run a Daily Mile marathon?

Starting at number 1, work your way around the route, ticking off a number each time your class completes a Daily Mile. How many Daily Miles can you do together by Friday 29th November?

Do your Daily Mile as usual - running or jogging outside for 15 minutes, every day if you can. Every Daily Mile that you do will count as one mile in The Daily Mile marathon challenge!

Don't forget to share pictures on Facebook, Twitter and Instagram of your class doing The Daily Mile using #DailyMile and #RunWithEliud

You can tag @EliudKipchoge too, so he knows you're running with him!

www.thedailymile.co.uk