



5k



**Special Olympics**  
Ireland

Week 5			Week 6			Week 7			Week 8		
Day 1			Day 1			Day 1			Day 1		
Day 2			Day 2			Day 2			Day 2		
Day 3			Day 3			Day 3			Day 3		

On each day you can enter your time or just tick to say you have completed it

You could also circle a thumbs up sign if you enjoyed your work out or a thumbs down if you found it hard

If you have too many thumbs down circled maybe take a step back to the previous week, it doesn't matter how

long it takes you, remember you are doing more and better than everyone still on the couch

