

# 100<sup>KM</sup> AUGUST CYCLING CHALLENGE



Join **MAYO SPORTS PARTNERSHIP** on Strava and Clock your way to 100k of cycling in August to be in with a chance to win some sports vouchers and sports equipment.  
**Registration via Eventbrite**

Starting on June 1st - June 30th 2021

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7 <i>Week 1 Complete Great Job</i>
DAY 8	DAY 9	DAY 10	DAY 11 <i>Almost there Keep it up!</i>	DAY 12	DAY 13	DAY 14
DAY 15	DAY 16 <i>Don't Give Up</i>	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
DAY 22 <i>Don't forget to Stay Hydrated</i>	DAY 23	DAY 24	DAY 25	DAY 26 <i>Amazing work Push Yourself</i>	DAY 27	DAY 28
DAY 29	DAY 30	DAY 31 <i>CONGRATULATIONS YOU'VE REACHED YOUR GOAL</i>	Booking via Eventbrite, contact Deirdre at <a href="mailto:dedonnelly@mayococo.ie">dedonnelly@mayococo.ie</a> for information			

How do you Feel?

WEEK 1: \_\_\_\_\_

WEEK 2: \_\_\_\_\_

WEEK 3: \_\_\_\_\_

WEEK 4: \_\_\_\_\_

WEEK 5: \_\_\_\_\_