CONGRATULATIONS! You have completed the GO THE DISTANCE Training Program!

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	
DATE											
WEEKLY THEMES	Faction/ House	Rock Stars	Sporting Legends	Movie Stars	Invite a Special Guest	Superheroes	Letter of the Alphabet	PJ's	Outer Space	Parents & Family Day	
LAP 1											
LAP 2											
LAP 3											
LAP 4											
LAP 5											
LAP 6											
LAP 7											
LAP 8											TOTAL
SUB-TOTAL											

GO THE DISTANCE TIME SHEET

GO THE DISTANCE

GO THE DISTANCE

STUDENT DISTANCE CARD

Name: .....

School: .....

.....

Year: .....

Class: .....

The **Go The Distance** training program has been designed to prepare your school to participate in the 4km Walk/Run/Wheelchair distance at the **Chevron City to Surf for Activ**. To get started nominate a team captain and have them create your school team via the registration link at www.chevroncitytosurf.com.

Register into your school team and download the **Go The Distance** training programs to get started on the 10-week program. There are suggested weekly themes to keep your team motivated and a running tally to track the number of laps you complete each session. By the end of the Go The Distance training program you will have completed the length of a Half Marathon or Marathon and be ready to hit the road at the Chevron City to Surf for Activ!

Teachers, parents, siblings and friends are encouraged to join your school team to take advantage of the special school discount and to grow your team numbers. The school who enters the largest team will win the perpetual Chevron School Challenge Trophy. Another trophy is also awarded to the school team that displays the best school spirit.

This year we celebrate the event's 40th birthday milestone. Register your school team, start training and be a part of this historic year!

Chevron city to surf WESTERN AUSTRALIA FOR activ