

GO THE DISTANCE



- City to Surf School Running Training -

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 your school team and download the **Go the Distance** training programs to get you 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 the advantage of the special school discount and grow your team numbers. The school that 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.

Register your school team, start training and be part of the Chevron City to Surf for Activ this year!

GO THE DISTANCE TIME SHEET

	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	Super-heroes	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										
SUB TOTAL										