




## GYM FOR HEROES DISTANCE LOGGING SHEET

Should you wish track how far you have covered it may be worth using this sheet as some of the cardio machines actually reset themselves to zero once certain targets have been reached; 1 hour activity, 1000 calories etc.

### 12 Hour Individual Challenge

Name: \_\_\_\_\_

| Event                                                                                              | Time               | Distance | Running Total |
|----------------------------------------------------------------------------------------------------|--------------------|----------|---------------|
| <b>ROW</b><br>    | Start – 30 minutes |          |               |
|                                                                                                    | 30 – 1 hour        |          |               |
|                                                                                                    | 1 – 1.5 hours      |          |               |
|                                                                                                    | 1.5 – 2 hours      |          |               |
|                                                                                                    | 2 – 2.5 hours      |          |               |
|                                                                                                    | 2.5 – 3 hours      |          |               |
|                                                                                                    | 3 – 3.5 hours      |          |               |
|                                                                                                    | 3.5 – 4 hours      |          |               |
| <b>BIKE</b><br> | 4 – 4.5 hours      |          |               |
|                                                                                                    | 4.5 – 5 hours      |          |               |
|                                                                                                    | 5 – 5.5 hours      |          |               |
|                                                                                                    | 5.5 – 6 hours      |          |               |
|                                                                                                    | 6 – 6.5 hours      |          |               |
|                                                                                                    | 6.5 – 7 hours      |          |               |
|                                                                                                    | 7 – 7.5 hours      |          |               |
|                                                                                                    | 7.5 – 8 hours      |          |               |
| <b>RUN</b><br>  | 8 – 8.5 hours      |          |               |
|                                                                                                    | 8.5 – 9 hours      |          |               |
|                                                                                                    | 9 – 9.5 hours      |          |               |
|                                                                                                    | 9.5 – 10 hours     |          |               |
|                                                                                                    | 10 – 10.5 hours    |          |               |
|                                                                                                    | 10.5 – 11 hours    |          |               |
|                                                                                                    | 11 – 11.5 hours    |          |               |
|                                                                                                    | 11.5 – 12 hours    |          |               |

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<http://www.twitter.com/gymforheroes>

Donate through <http://www.justgiving.com/gym-for-heroes-2010>

or track your own fundraising - create a page at

<https://www.bmycharity.com/V2/gymforheroes>

