

# MONTHLY Challenge

## January Monthly Challenge TREADMILL RUN

**\*How far can you run  
in 5 minutes?**

Competitors can  
try numerous times  
throughout the  
month of January.

Challenge will  
end Friday 31st  
January 2020 at  
1:00pm.



So come on give it a go...



\*Treadmill must be on 4% incline