

# SWIM 5K IN MAY

sands.org.uk/swim-5K  
#Swim5KInMay



M	T	W	T	F	S	S	Weekly Total
		1	2	3	4	5	It all adds up!
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30	31			Total and any thoughts?

You're half way!

Keep going!

You did it!

