



Thank you for supporting the Law Enforcement Torch Run for Special Olympics Florida! Take a look at the information below to learn how you can participate in our mileage challenges!

Download the Move Spring app  
or enter your miles online to  
compete in one of our four  
virtual mileage challenges



# BEGINNER'S CHALLENGE

# 100 MILES

# IN 10 WEEKS

## WEEK

## DAY 1

## DAY 2

## DAY 3

## DAY 4

## DAY 5

1

1.5 MILES

1.5 MILES

1.5 MILES

2

2 MILES

2 MILES

2 MILES

2.5 MILES

3

2.5 MILES

2.5 MILES

2.5 MILES

4

2.5 MILES

2.5 MILES

2.5 MILES

3 MILES

5

3 MILES

3 MILES

3 MILES

6

3 MILES

3 MILES

3 MILES

3 MILES

7

3 MILES

3 MILES

3 MILES

8

3 MILES

3 MILES

3 MILES

3 MILES

9

3 MILES

3 MILES

3 MILES

3 MILES

10

3 MILES

3 MILES

3 MILES

3 MILES

3 MILES

# ADVANCED CHALLENGE

# 200 MILES

# IN 10 WEEKS

WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
1	3 MILES	3 MILES	3 MILES		
2	4 MILES	4 MILES	4 MILES	5 MILES	
3	5 MILES	5 MILES	5 MILES		
4	5 MILES	5 MILES	5 MILES	6 MILES	
5	6 MILES	6 MILES	6 MILES		
6	6 MILES	6 MILES	6 MILES	6 MILES	
7	6 MILES	6 MILES	6 MILES		
8	6 MILES	6 MILES	6 MILES	6 MILES	
9	6 MILES	6 MILES	6 MILES	6 MILES	
10	6 MILES	6 MILES	6 MILES	6 MILES	6 MILES

# SMALL TEAM MILEAGE CHALLENGE

(FOR UP TO 10 PEOPLE)

# 1000 MILES IN 10 WEEKS

# OF PEOPLE	MILES <u>PER</u> WEEK
2	50 MILES EACH
3	33.5 MILES EACH
4	25 MILES EACH
5	20 MILES EACH
6	16.5 MILES EACH
7	14.5 MILES EACH
8	12.5 MILES EACH
9	11 MILES EACH
10	10 MILES EACH

# LARGE TEAM MILEAGE CHALLENGE

(FOR 11 TO 20 PEOPLE)

# 2000 MILES IN 10 WEEKS

# OF PEOPLE	MILES <u>PER</u> WEEK
11	18.5 MILES EACH
12	16.5 MILES EACH
13	15 MILES EACH
14	14 MILES EACH
15	13.5 MILES EACH
16	12.5 MILES EACH
17	12 MILES EACH
18	11 MILES EACH
19	10.5 MILES EACH
20	10 MILES EACH