

3000 in 30 DAYS



CHALLENGE

DAY	SETS	DAY TOTAL	RUNNING TOTAL	✓
1	2x20	40	40	
2	2x20	40	80	
3	2x30	60	140	
4	2x30	60	200	
5	2x30	60	260	
6	3x30	90	350	
7	REST		350	
8	3x30	90	440	
9	3x30	90	530	
10	3x30	90	620	
11	3x30	90	710	
12	3x30	90	800	
13	4x30	120	920	
14	REST		920	
15	4x30	120	1040	
16	4x30	120	1160	
17	4x30	120	1280	
18	4x30	120	1400	
19	4x30	120	1520	
20	5x30	150	1670	
21	REST		1670	
22	5x30	150	1820	
23	3x50	150	1970	
24	3x50	150	2120	
25	3x50	150	2270	
26	3x50	150	2420	
27	1x50 1x50 1x30	180	2600	
28	REST		2600	
29	4x50	200	2800	
30	4x50	200	3000	

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