

CHALLENGE

DAY 55: Run/Walk 5 Miles

We all have mental barriers of what we think we can or can't do and one of the only ways to knock down those barriers is to do something to change your perspective. When you run or walk 5 miles, suddenly 2 miles doesn't seem so far. Once you do 10 miles, 5 seems like nothing. You have to push your limits so you can expand and grow. You can do this and you will be surprised that it's not as impossible as you thought. Complete this today. You will be so proud of yourself. If you have done 5 miles before, try to beat your old 5 mile time.