



Your Challenge Tracker

Welcome and thank you for joining us on the Breakthrough T1D Virtual Triathlon. Get ready to swim, cycle and run towards a cure for type 1 diabetes (T1D)

Keep track of your progress as you take on the Ironman or Half Ironman distances! As you swim, cycle and run through the challenge, our tracker will help you stay on top of your goals. Log each leg of your journey and watch your progress as you get closer to the finish line.

 Stay motivated, share your progress!

Each mile you complete and every £ you raise will help Breakthrough T1D to continue to fund pioneering research into type 1, as well as supporting those living with the condition. Thanks to our amazing fundraisers, our research is paving the way for better treatments and will one day lead us to a cure.

We're so grateful for all your incredible support!

Along the way you can collect some amazing fundraising rewards!



Raise £20 to receive your very own Breakthrough T1D T-shirt!

£20 may seem like a small amount but this could us provide much-needed support to a newly diagnosed adult or child with help from our information packs



Raise £50 to receive your medal at the end of the challenge!

£50 could help fund Breakthrough T1D's e-learning modules for education settings, providing peace of mind for parents that their child's type 1 will be managed at school.



Raise £100 to receive your Breakthrough T1D Water Bottle!

£100 could help Breakthrough T1D to support five families dealing with a new type 1 diabetes diagnosis and provide them with information packs.



Raise £250 to receive your exclusive Breakthrough T1D Belt Bag

£250 could help 5 new diagnosed children no longer feel alone with their T1D. They now have a fluffy best friend called Rufus who also T1D. He is sent as part our Kidsac which also includes information and helpful resources on living with type 1 diabetes.



My Triathlon for T1D



Ironman Distance:

- Swim: 2.4 miles (3.9 km)
- Cycle: 112 miles (180.2 km)
- Run: 26.2 miles (42.2 km)

Half Ironman Distance:

- Swim: 1.2 miles (1.93 km)
- Cycle: 56 miles (90.1km)
- Run: 13.1 miles (21.1 km)

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total
Swim								
Cycle								
Run								

Week 2	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total
Swim								
Cycle								
Run								

Week 3	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total
Swim								
Cycle								
Run								

Week 4	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total
Swim								
Cycle								
Run								

Week 5	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total
Swim								
Cycle								
Run								

Week 6	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total
Swim								
Cycle								
Run								

Week 7	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total
Swim								
Cycle								
Run								

Week 8	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total
Swim								
Cycle								
Run								

Grand Totals	Swim	Bike	Run

You did it!



Congratulations
you are amazing!