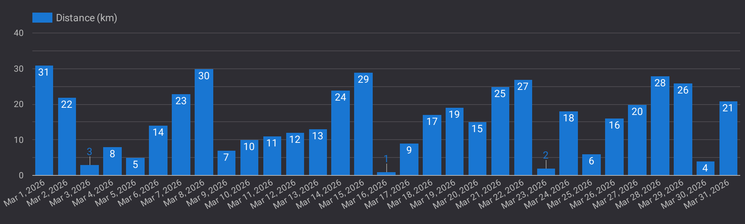
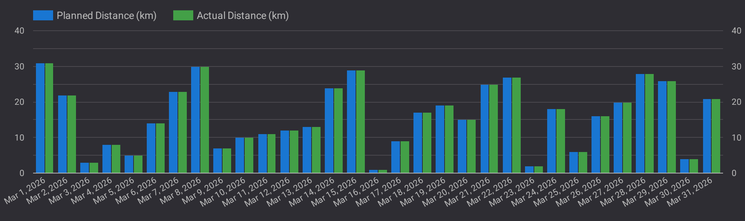
Run Analytics

The Sean Conway 496 Challenge

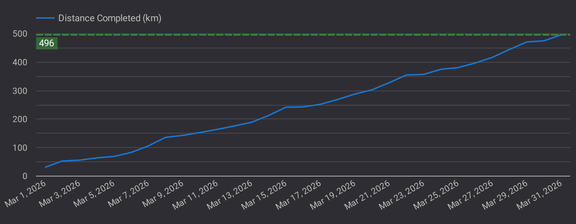
Planned Tombola



496 Daily Planned vs Actual



496 Completion Status



Distance Completed (km)

496

100%

Days Completed

31

100%

Daily Log

Date	Day of Week	Distance (km)	Strava Activity
Mar 1, 2026	Sun	31	31 - Morning Long Run
Mar 2, 2026	Mon	22	22 - Morning Long Run
Mar 3, 2026	Tue	3	3 - Morning Interval Run
Mar 4, 2026	Wed	8	8 - Morning Tempoish Run
Mar 5, 2026	Thu	5	5 - Morning Run
Mar 6, 2026	Fri	14	14 - Morning Run in mourning
Mar 7, 2026	Sat	23	23 - Morning Long Run
Mar 8, 2026	Sun	30	30 - Morning Long Run
Mar 9, 2026	Mon	7	7 - Morning Tempo Run
Mar 10, 2026	Tue	10	10 - 10th Wedding Anniversary Celebration Run
Mar 11, 2026	Wed	11	11 - Birthday Run
Mar 12, 2026	Thu	12	12 - Wife's Birthday Run
Mar 13, 2026	Fri	13	13 - Morning Run - It's Friday the 13th
Mar 14, 2026	Sat	24	24 - Morning Run
Mar 15, 2026	Sun	29	29 - Morning Run
Mar 16, 2026	Mon	1	1 - Morning Speed Run
Mar 17, 2026	Tue	9	9 - Morning Run
Mar 18, 2026	Wed	17	17 - Morning Run
Mar 19, 2026	Thu	19	19 - Morning Run
Mar 20, 2026	Fri	15	15 - Morning Progressive Run
Mar 21, 2026	Sat	25	25 - Morning Long Run
Mar 22, 2026	Sun	27	27 - Morning Zone Focused Run
Mar 23, 2026	Mon	2	2 - Morning Recovery Run
Mar 24, 2026	Tue	18	18 - Morning Run
Mar 25, 2026	Wed	6	6 - Morning Interval Training
Mar 26, 2026	Thu	16	16 - Morning Progressive Run
Mar 27, 2026	Fri	20	20 - Morning Run
Mar 28, 2026	Sat	28	28 - Morning Zone Focused Run
Mar 29, 2026	Sun	26	26 - Morning Long Run
Mar 30, 2026	Mon	4	4 - Morning Recovery Run
Mar 31, 2026	Tue	21	21 - 496 Challenge Completed

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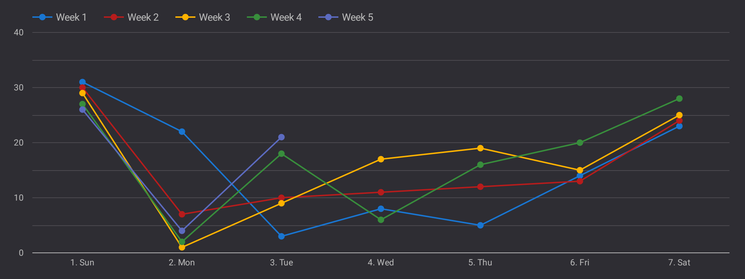

496 Challange : Date Check Published

1	2	3	4	5	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				
✅	✅	✅				

Date Check Published