

Running the Sahara Desert



“The Toughest Footrace on Earth”



The Race

STAGE	DISTANCE	TIME
Day 1	20 miles	8.5 hours
Day 2	25 miles	9.5 hours
Day 3	22 miles	9 hours
Day 4-5	56 miles	21.5 hours
Day 6	26 miles	10.5 hours
Day 7	15 miles	5 hours

Training

Monday	10 miles - 2 hours
Tuesday	8 miles - 1 ½ hours
Wednesday	10 miles - 2 hours
Thursday	12 miles - 2 ½ hours
Friday	3 miles - ½ hour
Saturday	28 miles - 5 hours
Sunday	32 miles - 6+ hours

TOTAL **103 miles – 20 hrs**



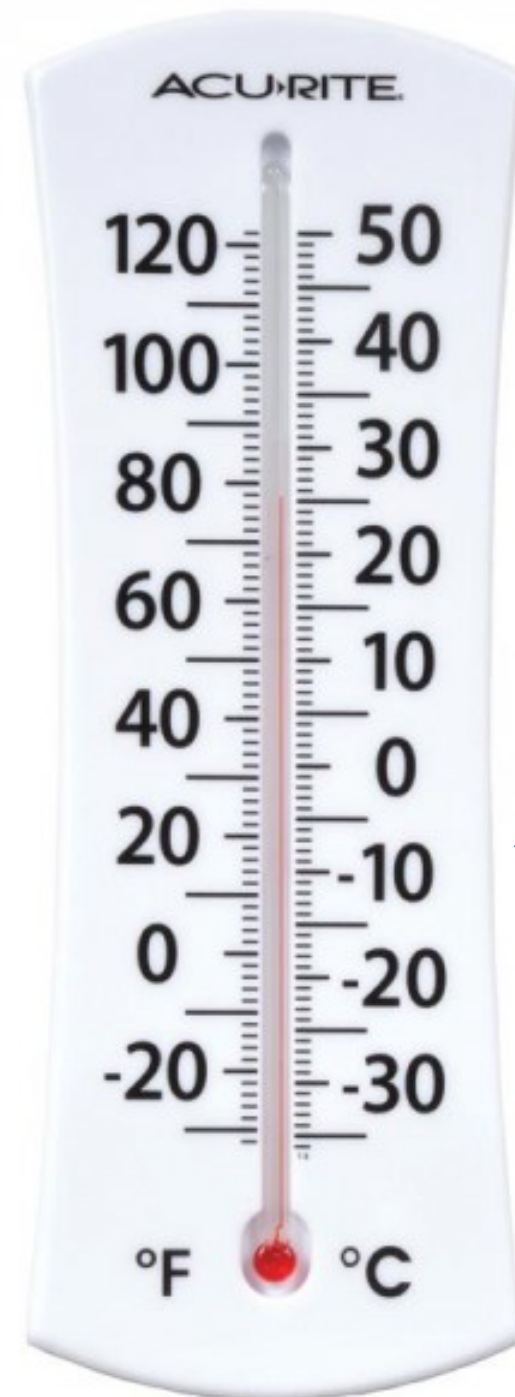
What is the Sahara like?



Desert Weather



How hot is it?



54°C



4°C

....and Windy!!!



What lives there?



What lives there?



What lives there?



What lives there?



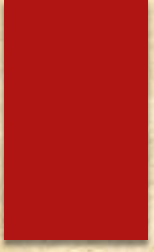
Our accommodation











Cooking



Water

10 litres per day

Where does your water go?

- Drinking 95%
- Cooking 4%
- Washing 1%



Sometimes it can get painful?



Sometimes it can get painful?



Sometimes it can get painful?



Sometimes it can get painful?



Sometimes it can get painful?



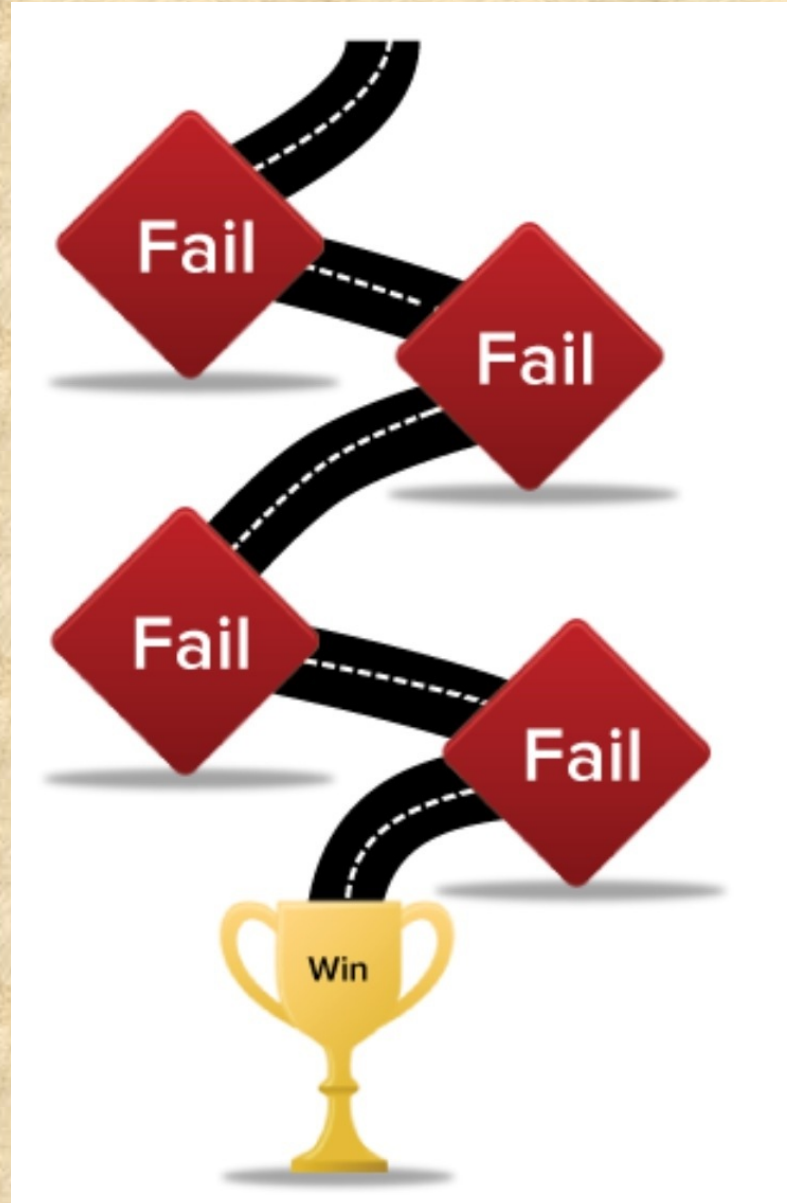
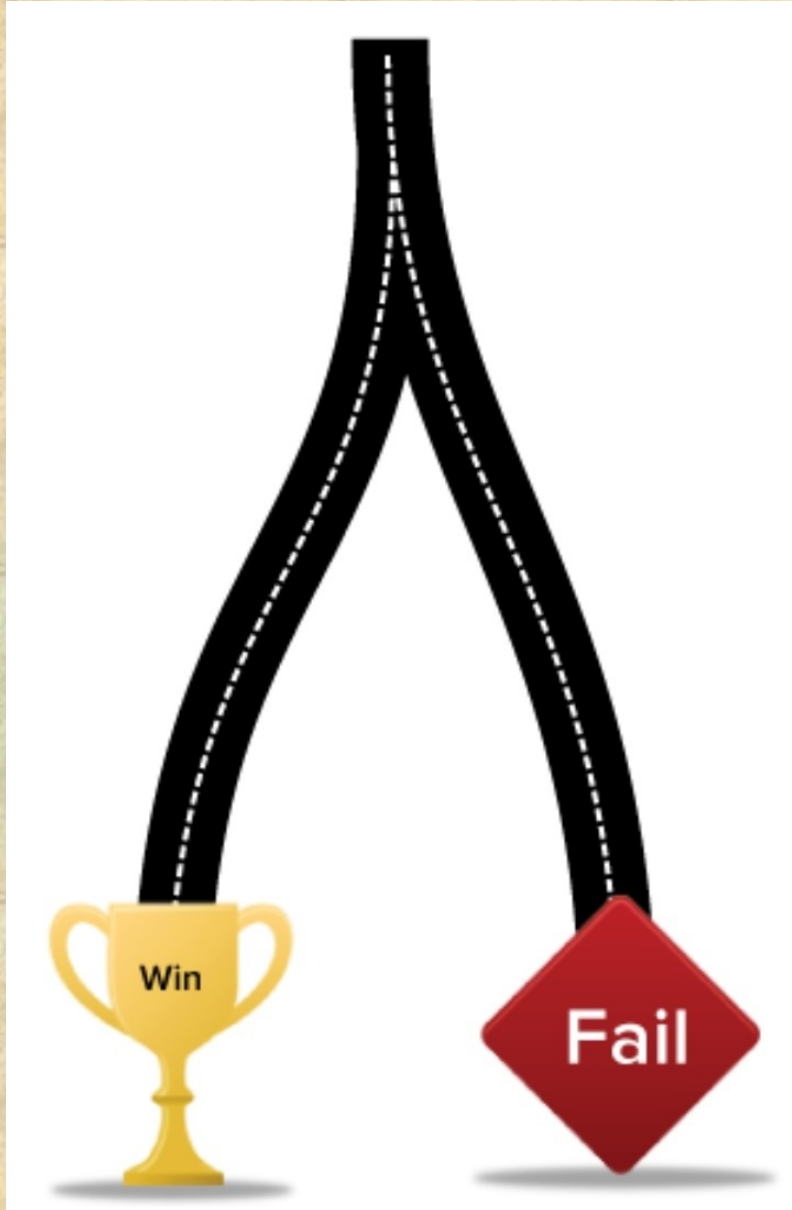
...but there is no pain at the finish line !!!



5 Lessons in Life that I learned

1. Have great daily habits
2. Set a big goal - be determined
3. Fuel – positive thoughts, eat healthily
4. Know your direction – map, compass, guide
5. Never ever ever stop – just keep going

Don't be afraid to fail often



**You can achieve
anything you want!!!**

What is your big goal ?

