The Daily Mile™ Destinations

15 minutes, 15 countries, 100 days

10 core principles

Your steps to Daily Mile success

- QUICK
- FUN
- 100%
- WEATHER
- ROUTE
- RISK
- WHEN TO GO
- CLOTHES
- OWN PACE
- SIMPLE

Greenland
Canada
England
Russia
China
USA
France
India
Japan
Italy
Egypt
Chile
Brazil
South Africa
Australia

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in association with SPORT ENGLAND LOTTERY FUNDED

with special thanks to LONDON SPORT GREATERSPORT Tyne Wear Sport Yorkshire Sport Foundation