



# APSMO

A not-for-profit organisation

## Problem of the Week: Training



Matthew starts training to run a 10 km race.

He begins by running 2.5 km on his first day of training.

He increases the amount he runs each day by 0.5km.

He runs 3km on the second day, 3.5km on the third day, and so on.

On his last day of training, Matthew runs 10km.

Altogether, how far did Matthew run during his training?

