



SCHOOL SPORT
PARTNERSHIPS
OF LINCOLNSHIRE



Agilitas Sports

WALK TO 5K CHALLENGE

WHY DON'T YOU JUST GO FOR A WALK OR RUN?

In School:

- Walk on the spot in the classroom?
- See how many laps of the playground or field you can walk in 45 mins?
- How quickly can you walk or run 1K?
- How quickly can you walk or run 3K?
- How quickly can you walk or run 5K?

At Home:

- How long can you walk around your house or garden?
 - How far can you walk in 45 mins? Can you take a family member with you?
 - How quickly can you walk or run 1K? Can you take a family member with you?
 - How quickly can you walk or run 3K? Can you take a family member with you?
 - How quickly can you walk or run 5K? Can you take a family member with you?
1. Can you walk for 45 minutes or go for a jog for 1, 3 or 5 kilometres? Can you take a family member with you?
 2. Pick the challenge that is right for you. Plan a route that is safe, make sure you are visible and take care crossing roads.
 3. Use a free mobile app like Strava, Fitbit, Endomondo, Map my Run, Adidas Running, Runkeeper, Runtastic, Pacer etc to record how far you walked in 45 minutes or how quickly you ran 1, 3 or 5K.
 4. Use the recording sheet keep a track of every attempt. Can you walk further or jog faster?
 5. Email us the results sheet to tell us how you did.
 6. Receive participation and School Games values e-certificates plus the chance to win bigger prizes!

Please contact Rupert Gibson, School Games Organiser via agilitassports@gmail.com if you have any questions or problems.

Good luck and have fun.



YOUTH
SPORT
TRUST