

KIDS 2K RUNNING CHALLENGE

DATE

TOTAL DISTANCE

TIME

NAME _____

The virtual 2k running challenge is a great way to maintain your fitness each week.

As well as the benefits of getting outdoors and getting active, the challenge measures your progress.

Using an App (such as strava other GPS tracking devices on your smart phone or watch), run a timed 2km course

(this is 5 laps of an 400m athletics track!)

Add your total distance up and when you reach 26.2km, you've ran a marathon

completed on _____ (date)

Signed by parent/teacher

