



# Physical Activity Challenge 1

## Couch to 5k

This is what I look like!



What is the challenge?

The programme is designed for beginners to gradually build up their running ability so they can eventually run 5km without stopping. This challenge will over the course of 2 weeks get you off the couch and running 5k. You will gradually increase the distance of your runs until you eventually reach 5k.

What is the time limit?

This challenge will be attempted over 14 days.



## Virtual Medals

How can we complete this?



Mon: 500 metres  
Tues: 750 metres  
Thurs: 1000 metres  
Sat: 1250 metres  
Mon: 1750 metres  
Tues: 2500 metres  
Thurs: 3250 metres  
Fri: 4000 metres  
Sun: 5000 metres

