Lugtons ROUND THE BRIDGES

Sunday 14 November - 2021

grassroots
grassrootstrust.co.nz

1KM-2KM KIDS CHALLENGE

TRAINING GUIDE

10 WEEKS TO GO!
For every 10mins of activity colour in a foot on the mountain challenge (attached)

Stay hydrated, water and milk are best

9 WEEKS TO GO!
Dance to 3 of your favourite songs

Be active every day this week

Create a course at home with the "ground as lava"

8 WEEKS TO GO!
Make up exercises to 3 of your favourite songs

Play non stop tag with a family member

Play with a ball outside

7 WEEKS TO GO!
Stay hydrated, water and milk are best

Go for a 10min walk or run

Create an obstacle course outside at home

6 WEEKS TO GO!
Dance to 3 of your favourite songs

Eat a healthy breakfast every day

Bike, scoot or skate for 25mins

5 WEEKS TO GO!
Youtube "kids yoga workout"

Go for a 15min walk or run with a family member

Stay hydrated, water and milk are best

4 WEEKS TO GO!
Play with a ball outside, try some new tricks

Go to the playground and make an obstacle course

Go for a 15min walk or run with a family member

3 WEEKS TO GO!
Play non stop tag with a family member

Skip to 2 of your favourite songs

Bike, scoot or skate for 30mins

2 WEEKS TO GO!
Throw and go - play forceback at the local park

Stay hydrated, water and milk are best

Go for a 15min run with a family member

1 WEEK TO GO!
Youtube "kids yoga workout"

Play backyard soccer with family or friends

Eat a healthy breakfast everyday

sportwaikato
out there and active