**Hartlepool Athletics Club**

**‘Stay Fit Campaign’**

**Weekend Challenge**

**Week 11**

**120s time trial**

**This weekends challenge is to use your garden, your street or local field/park to complete a time trial of how far you can run in 120s**

**Following a 10 minute break we want you to start again and try an beat your score!**

**Repeat this each day over the weekend and let us know of any improvements made!**

**Enjoy!**

**Send your efforts into John via WhatsApp or Email hartlepoolathletics@gmail.com**