**Stay Fit Campaign 2**

**Weekend Challenges**

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| **Week 1** | |
| **Sprint Based Challenge** | **Run Based Challenge** |
| 10x 10s Max Sprints (120s Rest) | Interval Run – 2mins run 2 mins walk x10  (1min run for younger) |
| **Week 2** | |
| **Sprint Based Challenge** | **Run Based Challenge** |
| 8x 15s Sprints on a curve (think like a 200m type sprint) (180s rest between sprints) | How much distance can you cover in 20 minutes? |
| **Week 3** | |
| **Sprint Based Challenge** | **Run Based Challenge** |
| 8x 12s Hill Sprints (The full sprint does not have to be uphill) 180s rest between sprints | Complete a run that includes at least 3 of the following terrains (Grass, sand, pathway, road/street) |