



Virtual Friendship Run

Monday 19th to Friday 23rd October

Log Book

Name:

Class:



Personal Challenges

There are a number of different challenges for you to choose to take part in. You might choose one for the week or several, its up to you. Think about your strengths, something you want to get better at or what motivates you and set yourself a challenge.

	Monday	Tuesday	Wednesday	Thursday	Friday
Running Streak - how many consecutive days you can run for? Tick each day you run.					
Run with Friends - can you complete a run with friends and support and encourage each other to complete an agreed time or distance? Tick each day you run.					
How far can you run in a week - log your distance each day?					
Can you run non-stop for 15 minutes? Or set your own time— tick if you have completed this.					
Scavenger Hunt - how many of the things on the next page can you spot on your run? Make a note of how many you spot.					
What is the furthest you can run in one go? - set yourself a goal and record your distance.					
How far can you run as a class/school? - log your distance to add to the class/school total.					
Beat your time— choose a route to run & record your time. Run the route every day and see if you beat your previous time. Record your times.					

Let us know what challenge(s) you are taking part in and share a photo or video with us on social media @SouthCambsSSP or via email sspadmin@combertonvc.org



Scavenger Hunt

How many of the things below can you spot on your run?

NATURE SCAVENGER HUNT

 Flower  Butterfly

 Water  Grass

 Tree  Green Leaf

 Spiderweb  Brown Leaf

 Bug  Ant

 Rocks  Fern

 Bird  Cloud

 Tree Bark  Sand or Dirt

www.stayathomemum.com.au

Competition Time!

For those of you motivated by a bit of competition we challenge you to see **how fast you can run 1 mile?**

Record your time below so you do not forget it!

Attempt	Time
1	
2	
3	
Personal Best	

Who will be the fastest runner in your class or school? Which school will have the fastest runners in South Cambs? Who will be the fastest runner in Cambridgeshire and Peterborough?



Get social and share your time with us @SouthCambsSSP

Make sure you also ask your teacher to register and submit your personal best time to be in with the chance of winning a prize!

