

# HEALTH & WELLBEING – COUCH TO 5K CHALLENGE



A CIRCUIT AROUND THIS ESTATE IS **1000 METRES.**

| Laps | Distance | Total Distance |
|------|----------|----------------|
| 1    | 1000m    | 1000m          |
| 2    | 1000m    | 2000m          |
| 3    | 1000m    | 3000m          |
| 5    | 1000m    | 5000m          |

