## HEALTH \& WELLBEING - COUCH TO 5K CHALLENGE



EACH LAP AROUND THE PARK IS APPROXIMATELY 714 METRES.

| Laps | Distance | Total Distance |
| :--- | :--- | :--- |
| 1 | 714 m | 714 m |
| 2 | 714 m | 1428 m |
| 3 | 714 m | 2142 m |
| 5 | 714 m | 3570 m |
| 7 | 714 m | 4998 m |

$\lambda^{2}$
"ill

