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



EACH LAP AROUND THE FOOTBALL PITCH IS APPROXIMATELY 300 METRES.

| Laps | Distance | Total Distance |
| :--- | :--- | :--- |
| 1 | 300 m | 300 m |
| 5 | 300 m | 1500 m |
| 10 | 300 m | 3000 m |
| 15 | 300 m | 4500 m |
| 17 | 300 m | 5100 m |

