

TRAINING GUIDE

9 WEEKS TO GO

- Dance to 3 of your favourite songs
- Be active every day this week
- Create an obstacle course at the playground

8 WEEKS TO GO

- Make up exercises to 3 of your favourite songs
- Go for a run or walk with a family member
- Play with a ball outside

7 WEEKS TO GO

- Stay hydrated, water and milk are best
- Go for a 10min walk or run
- Create an obstacle course outside at home

6 WEEKS TO GO

- Dance to 3 of your favourite songs
- Eat a healthy breakfast every morning
- Bike, scoot or skate for 25mins

5 WEEKS TO GO

- Skip to 2 of your favourite songs
- Go for a 15min run or walk with a family member
- Stay hydrated, water and milk are best

4 WEEKS TO GO

- Play with a ball outside
- Create an obstacle course at the playground
- Go for a 15min walk or run with a family member

3 WEEKS TO GO

- Be active every day this week
- Skip to 2 of your favourite songs
- Bike, scoot or skate for 30mins

2 WEEKS TO GO

- Play with a ball outside
- Stay hydrated, water and milk are best
- Go for a 15min run with a family member

WOOHOO IT'S RACE WEEK!

- Skip to 2 of your favourite songs
- Go for a 15min run
- Eat a healthy breakfast every day



I'VE SMASHED RACE DAY!

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✓ Don't forget to tick off each activity as you go!

