



VIRTUAL  
GAMES

## WEEK 4

# 1 MILE RELAY CHALLENGE

This is a bonus challenge for the final week of the LYG Virtual Games set by Aidan from Hounslow  
You have from Friday 26<sup>th</sup> June until Friday 3<sup>rd</sup> July to complete this challenge

### **Challenge Description:**

You must run 1 mile and then virtually 'pass the baton' on to as many friends and teammates from your Borough as possible.



### **Scoring:**

The Borough with the most participants running 1 mile will score the most points.

Are you the fastest 1 mile runner in London? Share a screenshot of your time and distance on social media (Instagram, Twitter, TikTok or Facebook) using #ThisIsLYG for the chance to win a pair of Nike trainers.

### **Adapt for Space and Equipment:**

You can run outdoors in suitable public spaces, or run laps around your living room, garden or school playground. You can use a Running App or Watch to track your time and distance.

### **Adapt for Ability and Inclusivity:**

Go at whatever pace suits you. You can run, walk, jog, push, pedal, roll or stroll. If you are unable to complete 1 mile you can shorten the distance or complete 1 mile in several attempts throughout the week.

### **Coaching Tips:**

Warm up before you start running. Make sure you're wearing comfortable shoes and suitable clothing. Plot your route before you begin. Keep a steady pace. Follow social distancing guidelines if running in public.

### **Benefits From Challenge:**

This challenge can help boost your mood, improve your cardio and build your endurance.

*Remember to submit your scores before Friday 3<sup>rd</sup> July at 12.00pm via the London Youth Games website or by emailing your [Scorecard](#) to [info@londonyouthgames.org](mailto:info@londonyouthgames.org). You can share videos of your challenge attempts on Instagram, Twitter, Facebook and TikTok using #ThisIsLYG for the chance to win a pair of Nike trainers. Please ensure that you have permission from a parent or guardian before sharing any content.*