



## **WEEK 4 SHUTTLE RUNS**

This challenge has been set by **Kyra** from **Croydon** and **Oscar** from **Kingston**  
Watch the challenge video on the LYG website from 9am on Monday 8<sup>th</sup> February [here](#)

### **Challenge Description:**

How many Shuttle Runs can you do in 30 seconds?

### **Scoring:**

Set your markers 3 metres apart, you will receive 1 point each time you reach a marker.

### **Adaptations of Challenge:**

- This challenge can be completed at a pace to suit you, whether that is running, walking, rolling or with assistance.
- To increase the difficulty of the challenge, try reaching down to touch the marker when you get to it.
- The challenge can be done outdoors or indoors.

### **Coaching Tips:**

Remember to ensure you pace yourself and don't use all of your energy too early. Try to drive your arms to create acceleration and keep your body upright. When turning at the marker, try to keep light on your toes to enable a quick change of direction.

### **Benefits From Challenge:**

This challenge will help improve your overall fitness, in particular agility and endurance.

*Remember to submit your scores before Friday 12<sup>th</sup> February at 12.00pm via the London Youth Games [website](#). Make sure to your share videos of your challenge attempts on Instagram, Twitter, Facebook and TikTok using #ThisIsLYG*