

Family 3km Challenge

Taking part in a Family 3k Challenge is a great way to get the whole family active. It is easy to take part in this 3km challenge in a local park or green space!

To help your family get ready for this fun and active challenge, here are some tips from Laya Super Troopers!

On Your Marks!

Prepare

- › Always have a bottle of water with you - it is important to keep hydrated when exercising.
- › Make sure you have healthy snacks to keep the whole family fuelled and full of energy.
- › Ensure you wear loose clothing and a comfortable, supportive pair of runners/trainers.



Family 3km Challenge

Get Set...

Warm Up and Stretch

- › To avoid injuries and to encourage good habits, do some warm-ups and easy stretching.
- › Warm up by walking quickly or jogging on the spot for 20 seconds. Rest for 10 seconds. Repeat till you feel like your muscles are all warmed up.
- › After you've warmed up do some simple stretches - crouch down like a frog, then slowly let your body unfold as you stand up. Let your arms hang down, tipping your toes. Then unfold your body further, lifting up your shoulders, then your neck and your head. Finally, reach up for the stars!

Training

- › To ensure the whole family is fit and ready for the challenge, walk the 3km a few times in the weeks leading up to the challenge.
- › To build up to jogging the complete 3km, you can alternate between:
 - » jogging for 2 minutes and walking for 5 minutes
 - » jogging for 3 minutes and walking for 3 minutes
 - » jogging for 5 minutes and walking for 2.5 minutes
- › You can keep building up the time/distance that you jog until you do not feel the need to walk any of it.



Family 3km Challenge

Go!

The 3km Challenge

- › Depending on the age group of your Super Troopers, you could walk, jog, or cycle the 3km challenge.
- › You could also do a combination of walking, jogging and cycling.
- › Depending on the age and abilities of your family, you could do the challenge as a relay race.
- › Don't worry about speed, just concentrate on enjoying being active and encouraging your whole family to keep moving. Stick to a pace where you could keep up a conversation without struggling for breath - this will help make sure you don't burn yourself out by going too fast.
- › Remember to smile! Smiling has been proven to help runners feel more relaxed, lowering your heart rate and blood pressure, helping you to run for longer.



Check out
layasupertroopers.ie
for more fun tips
and activities!