



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 26th June until Friday 3rd 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 3rd July at 12.00pm via the London Youth Games website or by emailing your [Scorecard](#) to 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.