

Continuous Relays

Aims

- To deliver a multiability activity.
- Runners to work at a continuous effort, maintaining form.

Key Points

- 1 Split the group into teams of five and set out four stations.
- 2 Number 1 runner runs to station 2, number 2 runner runs to station 3, etc until number 5 runner returns to the starting point (one lap). The race could be more than one lap.

Resources:

Cones

Mixed Ability Groups:

Pick evenly matched teams.

Match the number 1 runners, so they are running against someone of a similar ability.

Safety Tips

- Check runners are aware of which station they will be running to and how many laps they will be completing.
- Continual assessment of risk and challenge to the group.
- Avoid road crossings where possible.

