

Guess the Time

Aims

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

Key Points

- 1 Leader to plan a set route for the group.
- 2 Participants to guess the time that they will complete the route in.

Resources:

None required

Mixed Ability Groups:

Runners go at their own pace.

Plan shortcuts or extensions of the route to suit varied ability.

Safety Tips

- Check runners are aware of the route and if possible avoid major road crossings.
- Leaders at the front and back of the group if possible.
- Continuous assessment of the risk and challenge to the whole group.

