

Handicap Run

Aims

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

Key Points

- 1 Plan a set route for the group to complete.
- 2 Slower runners start first, with fastest starting last.

Resources:

Safe, well lit route

Mixed Ability Groups:

Starting slower runners first, should mean they all return at a similar time.

Safety Tips

- Check that all runners are aware of the route.
- Avoid crossing roads where possible.
- Continual assessment of risk and challenge to the whole group.

