

Meet and Retreat

Aims

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

Key Points

- 1 Pair runners up (ideally one faster and one slower).
- 2 Use a 'round the block' route, one runner sets off in one direction and the other runner sets off in the opposite direction.
- 3 When runners meet they tag and then retreat to the start.

Resources:

A suitable route, avoiding road crossings where possible

Mixed Ability Groups:

Pairing up a faster and slower runner will mean that the slower runner has less distance to run.

Safety Tips

- Check runners are aware of the route and know what to do when they meet their partner.
- Avoid road crossings where possible.
- Continuous assessment of the risk and challenge to the whole group.

