

Out and Back

Aims

- To deliver a multiability activity.
- Runners to run out at a steady pace and return slightly faster, whilst maintaining form.

Key Points

- 1 All runners run out on a set route for a set amount of time.
- 2 At the selected time all runners return and retrace the route.
- 3 All runners to return slightly quicker than they went out.

Resources:

Safe, well lit road with few crossings

Mixed Ability Groups:

Runners turn around at the same time, but how far they have got will depend on their ability. They should all finish at the same time.

Safety Tips

- Check runners are aware of the point/time they need to return.
- Avoid road crossings where possible.
- Continual assessment of the risk and challenge to the whole group.

