

Differential Runs

Aims

- To deliver a multiability activity.
- Runners to complete second loop faster than the first, whilst maintaining form.

Key Points

- 1 Plan an 'out and back' route or a loop.
- 2 Time how long it takes to complete the first loop.
- 3 Runners to complete the second loop faster.

Resources:

- Stopwatches
- Safe, well lit route

Mixed Ability Groups:

Longer lap/distance for the faster runner.

Safety Tips

- Check runners are aware of the route and the intensity they need to complete the runs in.
- Continual assessment of risk and challenge to the group.
- Avoid road crossings where possible.

