

# running challenge

WHAT'S YOUR  
**MOVE**

**1** Set yourself a running target that you are going to try and complete between now and 2 December. It could be how far you'll run or how many times a week you'll run.

**7** Get your kit out in the morning so that its ready for a run when you finish work.

**12**

How many people can you say hi to, wave or smile at while on your run today?  
You really could make someone's

**2** Find a new route that you have never run before. A change is as good as a rest.

**8** How far can you run today? If you have a smartphone and want to track your distance, there's an app for that. You can download it from your app store. Try Strava, Runkeeper or Nike Run Club.

**3** Do a yoga for runners session on YouTube.

**9** How many steps you think you can do today? If you have a smartphone, there's an app for that too. Download a step counter from your app store. Try Fitbit or GoogleFit.

**13**

Try a sprint finish.

**4** Run a marathon or half marathon in a month.

**10** Add some sideways running, zig-zaggin, jumping or skipping into your next run.

**14**

Take your run off-road.

**5** Be mindful, take time to absorb the sights, smells and sounds around you. Has anything changed since your last run?

**11** Post a positive running message or share your images and videos of yourself completing the challenges on our Twitter or Facebook pages @BarnsleyMoving.

**15**

Challenge a friend to see who can run the furthest this week.

**6** Find your nearest ParkRun venue and go try the course.

We would love to see photos and videos of you completing the challenges! Please share them with us on social media:

Follow us online using **#WhatsYourMove**

Facebook: **Active in Barnsley**

Twitter: **@BarnsleyMoving**



**BARNSELEY**  
Metropolitan Borough Council

*Don't forget you can do each challenge more than once!*