

2KM

grassroots
TRUST

KIDS CHALLENGE TRAINING PROGRAMME

SUNDAY 13 NOV

<p>Mon <input checked="" type="checkbox"/> 27 days to go</p> <p>Start</p> 	<p>Tue <input type="checkbox"/> 26 days to go</p> <p>14 min walk or run</p> 	<p>Wed <input type="checkbox"/> 25 days to go</p> <p>Have a break</p> 	<p>Thu <input type="checkbox"/> 24 days to go</p> <p>Rope skipping 80 skips</p>	<p></p>	<p>Sat <input type="checkbox"/> 22 days to go</p> <p>20 min bike ride or skateboard</p>	<p>Sun <input type="checkbox"/> 21 days to go</p> <p>Have a rest</p> 
<p>Mon <input type="checkbox"/> 20 days to go</p> <p>30 Star jumps</p>  	<p>Tue <input type="checkbox"/> 19 days to go</p> <p>16 min run or walk</p>	<p>Wed <input type="checkbox"/> 18 days to go</p> <p>Relax</p> 	<p>Thu <input type="checkbox"/> 17 days to go</p> <p>16 min walk or run</p> 	<p>Fri <input type="checkbox"/> 16 days to go</p> <p>5 min walk or run and 5 min skip</p>	<p>Sat <input type="checkbox"/> 15 days to go</p> <p>Go to a local park and kick a ball around</p>	<p>Sun <input type="checkbox"/> 14 days to go</p> <p>Have a break</p> 
<p>Mon <input type="checkbox"/> 13 days to go</p> <p>Dance to 3 of your favourite songs</p>	<p>Tue <input type="checkbox"/> 12 days to go</p> <p>Take it easy today</p> 	<p>Wed <input type="checkbox"/> 11 days to go</p> <p>40 Star jumps</p> 	<p>Thu <input type="checkbox"/> 10 days to go</p> <p>Go to a local park and kick a ball around</p>	<p>Fri <input type="checkbox"/> 9 days to go</p> <p>Have a rest. Eat well</p>	<p>Sat <input type="checkbox"/> 8 days to go</p> <p>18 min walk or run</p> 	<p></p>
<p>Mon <input type="checkbox"/> 6 days to go</p> <p>20 min bike ride or skateboard</p>	<p>Tue <input type="checkbox"/> 5 days to go</p> <p>20 min run or walk</p> 	<p>Wed <input type="checkbox"/> 4 days to go</p> <p>Have a rest</p> 	<p></p>	<p>Fri <input type="checkbox"/> 2 days to go</p> <p>14 min walk or run</p>	<p>Sat <input type="checkbox"/> tomorrow!</p> <p>Have a good nights sleep</p>	<p>new zealand HOME LOANS ROUND THE BRIDGES </p>