A-Z School Games Challenge

E – Endurance Running Challenge – 5k Fun

We would love to see you all being active and improving your physical skills, keep us updated (via Twitter) with your efforts using the #StayInWorkOut and tag @SGOCoventryWest

The challenge: 5k Fun

The incredible Sir Mo Farah is a gold medal winner in the 5000m (5k) and 10000m (10k) races. He ran 5k in only 12 minutes and 59 seconds. Think you and your family/friends can beat him? Let’s give it a shot...

- Place two markers on the floor 10m apart – ideally in the garden, otherwise find yourself a corridor!
- Set a timer for 13 minutes
- See how many lengths you and your family can do in that time as a continuous relay
- GOOD LUCK!
A few facts about Mo Farah:

He is the second athlete in modern Olympic Games history, to win both the 5000m and 10,000m titles at successive Olympic Games - in London (2012), and Rio (2016).

He is the most decorated athlete in British athletics history, with ten global titles.

A typical training week for Mo Farah involves: running up to a maximum of 135 miles per week – made up of two sessions every day - with no rest days. He ends the week with a big 22-27 mile run on Sunday (at nothing slower than marathon pace...)! The life of an elite runner!

Farah often marks victories with a celebration dance known as the "Mobot", which he adopted following a television appearance on A League of Their Own in 2012. He has since used the pose as part of a charity to raise funds for his foundation.

Now you know the “Mobot” why not give the dance a try on YouTube.

If you have enjoyed this challenge and would like you get involved in more at home, click here to find out more.

Alternatively, if you’d like to know where to find your local athletics club take a look at https://www.englandathletics.org/athletics-and-running/

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