**Park Run: (Increase your distance)**

Easy running for at least 5 minutes without stopping. Comfortable not puffing.  Try to run on grass rather than pavement/roads.

Each park run, try and go a couple of minutes longer before stopping.

Under 11’s:- You could build this up gradually to 15 -20 minutes.

Over 11’s:- Do the same as the U11’s but start with at least 10 minutes and build up to 20 -30 minutes