



CAISTOR  
RUNNING CLUB  
PRESENT



**THE 6 WEEK 'MINI STING' RUNNING CHALLENGE**

Week	Run	Walk	Repeat	Per Week <input checked="" type="checkbox"/>
1	1 min	90 secs	7 times	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
2	2 mins	1 min	6 times	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
3	3 mins	1 min	5 times	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
4	5 mins	2 mins	4 times	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
5	6 mins	1 min	3 times	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
6	8 mins	30 secs	2 times	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
7	15 minutes running at the 'Mini Sting'			

**CONGRATULATIONS**

You're now ready to take part in the  
"Rand Farm park" Mini Sting !

See you on the day!