

Move It May

Choose your challenge then your distance (kilometres).

RUN

30

Average approx. 7 km per week

45

Average approx. 10.5 km per week

60

Average approx. 14 km per week

75

Average approx. 17.5 km per week

CYCLE

90

Average approx. 21 km per week

120

Average approx. 28 km per week

180

Average approx. 42 km per week

240

Average approx. 56 km per week

WALK

30

Average approx. 7 km per week

45

Average approx. 10.5 km per week

60

Average approx. 14 km per day

75

Average approx. 17.5 km per day

CLIMB

Climb the height of a UK mountain on your stairs

Scafell Pike, England - 412 flights

Snowdon, Wales - 475 flights

Ben Nevis, Scotland - 587 flights

Active for 30

Get active for 30 minutes each day

Do a home workout | Try some garden yoga

Have a living room disco | Learn lots of TikTok dances