

Remember to also exercise each day - even if it is in the garden or in the house!

Have a look at the following for some ideas:

<https://www.youthsporttrust.org/60-second-physical-activity-challenges>

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Key Stage 3 – PE Tasks

Breaking Two – Eliud Kipchoge attempts to become the first person to break the 2-hour barrier for a timed marathon.

Watch the following link:

<https://youtu.be/nh5o5AbddFs>

Read the following articles:

<https://www.ineos159challenge.com/>

<https://www.wired.co.uk/article/eliud-kipchoge-ineos-159-marathon>



Answer the following questions:

1. Did Kipchoge beat the 2hr mark or did technology?
2. Nike Vaporfly trainers offer 4% increase in efficiency in running – is this fair?
3. Why is 1:59 not considered a world record? Should it be?

Go Further: A 1:59:59 marathon is the equivalent of running 100m sprints in just over 17 seconds – 422 times in a row. On October 12, Kipchoge went even faster than that! What would you need to consider when training for this event?