

SSPP 3 PEAKS CHALLENGE

The **Three Peaks** Challenge is one of the most popular trekking challenges in the UK and involves climbing the highest mountains in Scotland, England and Wales (Ben Nevis, Scafell Pike and Snowdon), one after another – with an aim to complete the challenge within 24 hours, 48 hours or **3 Days**.



YOUR CHALLENGE...

We challenge you to **walk, jog or run 55km or 72,180 steps**.
55km is equal to the walking distance up and down each of the Three Peaks, which is no easy task.

OR

Ride on your bike for 110km

**JD Sports
vouchers to
be
Won!!**

This is not a timed challenge and you are free to take as long as you need to complete it but there will be **JD Sports vouchers for whoever can complete the ride first and second and whoever can complete the walk/run first and second!**

Will it be you??



YOUR CHALLENGE...

We challenge you to **walk, jog or run 55km** or **72,180 steps** or **ride 110km**.

What to do...



- Use the health app on your phone or download a fitness tracking app e.g. Strava/MapMyWalk/MyFitnessPal or use a smart watch to track your distance/steps of your outdoor physical activity.
- You must then record your activity and **send a screen shot of the distance to Miss Coles** via the school email.
- Only picture evidence will be accepted.
- Miss Coles will collate all the entries and distances to see who gets there first and second!

If you would like to measure in steps, use this conversion 1 mile = 1.6km = 2500 steps