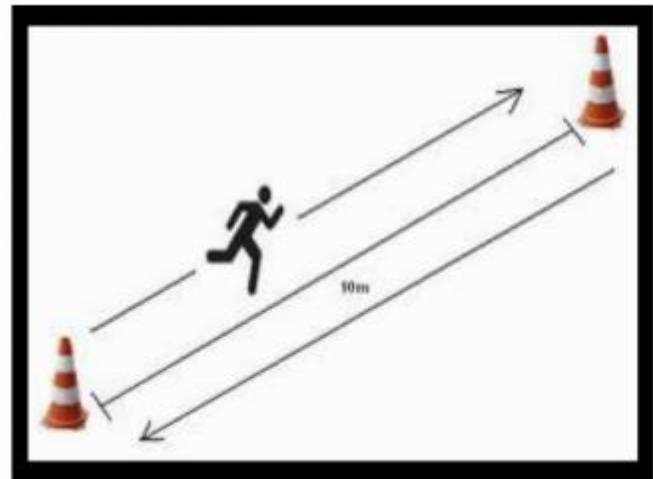




## The challenge: 5k Fun

The incredible Sir Mo Farah is a gold medal winner in the 5000m (5k) and 10000m (10k) races. He ran 5k in only 12 minutes and 59 seconds. Think you and your family/friends can beat him? Let's give it a shot...

- Place two markers on the floor 10m apart – ideally in the garden, otherwise find yourself a corridor!
- Set a timer for 13 minutes
- See how many lengths you and your family can do in that time as a continuous relay
- **GOOD LUCK!**



## A few facts about Mo Farah:

He is the second athlete in modern Olympic Games history, to **win both the 5000m and 10,000m titles at successive Olympic Games** - in London (2012), and Rio (2016).

He is the most decorated athlete in British athletics history, with **ten global titles**.

A typical training week for Mo Farah involves: **running up to a maximum of 135 miles per week** – made up of **two sessions every day** - with **no rest days**. He ends the week with a big 22-27 mile run on Sunday (at nothing slower than marathon pace...)! The life of an elite runner!

Farah often marks victories with a celebration dance known as the "Robot", which he adopted following a television appearance on *A League of Their Own* in 2012.

He has since used the pose as part of a charity to raise funds for his foundation.



## Extra links to Explore

Now you know the “Mobot” why not give the dance a try on YouTube:

<https://www.youtube.com/watch?v=Qtk52lldp8A&feature=youtu.be>

If you have enjoyed this challenge and would like you get involved in more at home, click here:

<https://www.englandathletics.org/aboutus/athletics-at-home>

Alternatively, if you'd like to know where to find your local athletics club take a look at

<https://www.englandathletics.org/athletics-and-running/>

Why not research Mo Farah's races on YouTube too!