

Activity List Equivalent to 5k

5k= 3.1 miles

Average time to walk 5k= 45 minutes-60 minutes

Average time to run 5k= 30-40 minutes

Events will take about an hour or cover 3.1 miles. They can be completed all at once or can be completed in smaller time increments over the duration of the event.

- Dancing for 1 hour
- Treadmill, Elliptical, Indoor Exercise Equipment for 3.1 miles
- Swimming for 3.1 miles or about an hour
- Biking for 3.1 miles
- Yoga for 1 hour
- Soccer for 1 hour
- At home workouts for 1 hour at once or one every day for about 3-4 days
- Basketball for 1 hour
- Tennis for 1 hour
- Hiking 3.1 miles
- Stretching (if unable to stand) for 10 minutes at a time every day for the duration of the VRRW
 - <https://www.nhs.uk/live-well/exercise/sitting-exercises>
- Meditation every day for 10-15 minutes for the duration of the VRRW

If you feel comfortable in doing so, please social media #5KYourOwnWay

