



Welsh Athletics ‘Mile-A-Day’ (MAD) Firebreak Challenge / Milltir Y Dydd

During this firebreak, residents of Wales will see their day-to-day activities severely limited. One of the few reasons which we will be actively encouraged to leave our house for is exercise.

We are calling the nation to demonstrate how important exercise is in our daily lives for both their mental and physical wellbeing and take on our Mile-A-Day Firebreak Challenge!

How to get involved

Starting on Monday 26th October, walk, jog, run or push a mile each day during the Firebreak Lockdown, following the theme for each day. It doesn't even really have to be a mile – you can go further if you want- we just want to encourage as many people as possible to be active during this period and beyond.

We've created a special event number for you to download, print off and wear. Just add your name and tick off each day as you complete them, can you do all 13?!

Share your success

Let us know you've done your mile through social media using the hashtag below & send us a picture of you & your household doing your daily exercise. Tag @WelshAthletics and/or @RunWales in your posts so we can see and share what you've been up to.

#MADFirebreakChallenge

Date	Mile	Details
26th Oct	Warm Up Mile	Do your first Mile of the firebreak period. Walk, jog, run, push, hop, skip or crawl; it doesn't matter how you do it just get out and get active. Record your time if you like to give yourself a time to beat further down the line!!
27th Oct	Pink Mile	October is Breast Cancer Awareness Month. T-Shirt, Hoodie, Shoes or Coat – just complete your Mile wearing something pink!
28th Oct	Family Mile / All Together Mile	Do your Mile with another member of your household. Will it be a nice relaxing pace enjoying the company or a race to the finish? Be careful this one could get competitive!!
29th Oct	Uphill Mile	Maybe explore a new route? Get out and see how much elevation you can gain in one Mile.
30th Oct	Medley Mile	Complete your Mile using a medley of methods: hopping, skipping, jumping, sideways and backwards! Can you create your own ways to move through this mile?
31st Oct	Pumpkin Mile	Happy Halloween – ‘Creep it real’ by doing your Mile with an item of Halloween Fancy Dress, don't forget to share your ghouly pics!
1st Nov	Rest – Sofa Shuffle	6 miles completed, amazing! Time to rest and reflect on how great it felt to get out there and move your body 😊

