

# Newburgh CE Primary School

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Headteacher: Mrs R. Fowler



Monday 20<sup>th</sup> April 2026

## CLASSROOM TO 2K / 5K CHALLENGE

Dear Parents,

Following on from the success of our lunchtime trail running club and our annual participation in the Virtual London Marathon, we are excited to be working with local personal trainer Julien Pletts to deliver a 10-week '**Class to 5km**' training programme designed to improve physical fitness and well-being for both children and families. This is not only a school project, it is also a **family challenge**!

Each week from Monday 27<sup>th</sup> April, children will take part in a P.E. lesson designed to build the skills and stamina needed to complete our final Class to 5km (or 2k) Challenge on Friday 10<sup>th</sup> July 2026. KS2 children will also track their progress in their own personal logbooks. Alongside this, families are encouraged to take part together at home.

The programme is designed so that:

- Children complete one session per week in school
- Parents follow a simple guided session themselves
- Families then complete two additional sessions together each week

These sessions are delivered through a structured and easy-to-follow training plan, created by Julian, and hosted on the Training Peaks platform, which works on smartphones and smart watches.

For families who would like to take part, the **Class to 5K Parent Plan** can be purchased via the link below. As we are the launch school for this programme, families can access this at a **20% discount using code: NEWBURGH20**. Training Peaks is one of the leading global platforms used by coaches and athletes worldwide. As it is a US-based platform, payments are processed in US dollars, but this will be automatically converted by your bank at the time of purchase. This is a fantastic opportunity to support your child while also improving your own fitness and creating positive, active habits as a family.

LINK: <https://www.trainingpeaks.com/training-plans/running/5km/tp-628280/class-to-5k-parent-plan>

Our finale fun run will be organised with the support of our P.T.A. and families taking part in the programme will be invited to run alongside their children. All participants will receive a race number



and medal on completion. There will be a small £2.50 entry fee to cover these costs for any adults that wish to participate with us on the day.

Our sports leaders will provide weekly updates throughout the challenge, and we look forward to as many families as possible joining us on Friday 10th July - whether running or cheering from the sidelines!

Supporting your child through these summer challenges also provides the opportunity to raise funds for our school to help pay for our annual first aid training that every child from Nursery to Year 6 has access to and new chrome books. Each child will bring home a sponsor form this week and we would be very grateful for any funds raised to support your child complete both the Virtual London Marathon and the Classroom to 2k/5k Challenge.

Kind regards,

Mrs Rebecca Fowler  
Headteacher / P.E. Lead

Edward & George  
Sports Leaders

