

# MARCH YOUR WAY



**MARCH  
YOUR  
WAY** ♀

# CHALLENGE GUIDE

# LET'S GET STARTED!

Thank you for your interest in taking on March Your Way – The Virtual March for a Fairer World.

In this guide, we provide lots of suggestions on how you can get moving in March. Whether you're incorporating your miles into a busy lifestyle, challenging yourself to reach new goals, trying something completely new, or taking part as a team, we've got lots of ideas to inspire you!

You'll also find tips on tracking your progress, celebrating your achievements, and sharing your journey with the March Your Way community. Plus, don't forget to download our mile tracker and milestone badges to mark your progress along the way.

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# ON THE GO

Got a busy month ahead? Incorporate your miles into your everyday routine!

## EXPAND YOUR ROUTE

Dropping the kids at school? Walking the dog? Going to the shops? Extend your usual route or explore new paths to keep things fresh and engaging. Let the dog walk you!

## DITCH THE TRANSPORT

Ditch the car or train when you can and walk or cycle instead. Whether you're heading to work or the shops, those extra steps add up. If you have a long commute, walk to the next bus stop or park a little further away.

## TAKE TIME FOR YOU

Step away from your desk and use your work break to get some fresh air while ticking off your mile. A quick walk is a great way to reset and boost your energy for the rest of the day.

## MAKE IT SOCIAL

Meeting a friend for a coffee? Get it to go and take a stroll through the park instead. Catch up and enjoy spring while staying active together. We'd say run, but you're holding coffee, remember.





# CREATE NEW HABITS

Turn the challenge into an opportunity to build healthy routines that you can continue after the month of March.

## DAILY ACTIVITY

Commit to carving out time each day to complete your mile. Whether it's first thing in the morning or just before dinner, find a slot that works for you and stick to it. Perhaps not midway through dinner.

## WEEKLY ADVENTURE

Make it a weekend tradition to try something new—go for a hike, a longer bike ride, or even a swim. These bigger activities can add a real sense of adventure to your weekly challenge.

## PAIR WITH OTHER GOALS

Get more active, spend more time outdoors or explore more of the countryside. Go find that lesser-spotted woodpecker. Finally find out whether you can spot your garden from that hill over there. Pair these goals with your challenge to create a doubly rewarding experience.



David  
Credit: Rob Carmier / Oxfam

# CHALLENGE YOURSELF

Push your limits and see what you can achieve this March by going beyond 31 miles or choosing a challenging activity.

## HIT THE GYM

Use the gym to work on strength, stamina, or endurance. Challenge yourself with treadmill runs, stair climbers, or spin classes to smash your miles.

## SET A PB (PERSONAL BEST)

Aim to improve your performance over time. If you're running, try to gradually beat your previous mile time. If you're cycling, increase your speed or resistance.

## GO THE EXTRA MILE

Looking for a tougher challenge? Set a higher goal such as two miles a day or increase your distance each week. Or simply see how far you can move in 31 days.

## GO ALL IN

Confident in your fitness abilities? Why not take on one or two challenging runs - or double up and go for 62 miles! A giant tortoise on top form could theoretically cover that in about 15 days - and you're not going to let yourself be beaten by a tortoise now, are you?



Joe and Caleb  
Credit: Rob Carmier / Oxfam



# TRY SOMETHING NEW

Not sure what activity suits you best? This challenge is the perfect opportunity to try out different options:

## EXPERIMENT

Always wanted to try climbing, dance, or rowing? Incorporate these into your routine to discover what you enjoy most while completing your miles. That's right - you can dance a marathon, and then some.

## MIX IT UP

Combine a variety of activities to keep things fresh. Start the week with a brisk walk, add a weekly swim, and take on a weekend run or bike ride.

## FIND WHAT WORKS FOR YOU

Some days you might feel like a high-energy workout, while other days call for something gentler —this challenge lets you adapt and explore what feels best.



# RALLY A TEAM

Make your challenge even more exciting by turning it into a friendly activity or competition:

## GROUP GOALS

Rally your friends, family, or coworkers to join the challenge and complete 31 miles each. Or, set different goals depending on your fitness levels and ability.

## GET COMPETITIVE

Add an extra incentive by agreeing on a prize for the person who racks up the most miles, or a fun forfeit for the person who covers the fewest. Karaoke-based forfeits can be pretty effective at getting people moving.

## GET CLOSER

Take on March Your Way with colleagues as a team building exercise, connect with friends, or spend more quality time outdoors with your partner. This challenge is designed to be family friendly so you could even involve the kids!

## LEADERBOARD

Track everyone's miles on a whiteboard, in a shared spreadsheet, or with a fitness app. Seeing progress in real time can be a big motivator!



Joe, Emma, Caleb and Lucy  
Credit: Rob Carmier / Oxfam



# TRACKING YOUR MILES

When you take on the challenge, you can track physical distance, steps, or time spent on an activity.

## DISTANCE

If you have a smartwatch, fitness tracker or smartphone, chances are you can track your distance. You can also use an app like Strava, or use the "Measure Distance" tool on Google Maps to track walking/running routes.

Cardio machines will also likely show your distance travelled on their screen during your workout. Don't forget to keep a log!

## STEPS

1 mile is equivalent to approximately 2,000 steps. If you have a step tracker, you can use this to convert your movement into miles.

## TIME

If you are taking on a physical activity such as yoga, a HIIT class or climbing, you can convert time spent on the activity into miles using our conversion table on the next page.





# ACTIVITY CONVERSION

Activity	Time Equivalent to 1 Mile
Walking	20 minutes
Running	10-12 minutes
Manual Wheelchair	20 minutes
Power Assisted Wheelchair	10 minutes
Cycling	10 minutes
Swimming	30 minutes
Rowing	15 minutes
Yoga	40 minutes
Pilates	20 minutes
Dancing	20 minutes
Jump Rope	10 minutes
Strength Training	30 minutes
HIIT	12 minutes
Climbing	30 minutes
Football/Basketball	20 minutes
Tennis/Badminton	25 minutes
Moderate Physical Activity such as Cleaning or Gardening	40 minutes

# SHARE YOUR PROGRESS

While we don't officially track your miles for this challenge, sharing them is a great way to stay motivated, inspire others, and see just how far our community is moving together.

You can share your progress in a way that works best for you:

## ON YOUR FUNDRAISING PAGE

You can post updates on your JustGiving page which is a great place to share your miles and show your supporters how you're getting on. [Connect your page to our campaign.](#)

## IN OUR FACEBOOK GROUP

Post your updates, photos, and milestones with fellow participants so that we can celebrate your achievements together! [Join the group here.](#)

## IN OUR STRAVA CLUB

If you are using Strava to track your miles, joining our Strava Club will allow us and others taking on the challenge to see your progress and celebrate your achievements. [Join the Club.](#)

## BY EMAILING US

We'd love to know how many miles you've moved! Drop us a message at [events@oxfam.org.uk](mailto:events@oxfam.org.uk) at the end of the challenge to share your final total.

## MANUALLY

If you'd like to keep track of your miles manually, you can print and use our mile tracker! Alternatively, keep a spreadsheet on your computer or jot down your activity in your phone or a notebook.

## ON SOCIAL MEDIA

Don't forget to share your progress on social media using our milestone shareable! Use the hashtag #MarchYourWay and tag our Oxfam Challenge Events accounts!





# MILE TRACKER

MARCH  
YOUR  
WAY 

31-MILE  
TRACKER

START

1 2 3 4 5

6 7 8 9 10

11 12 13 14 15

HALF WAY  
THERE!

16 17 18 19 20

21 22 23 24 25

26 27 28 29 30 31



YOU DID IT!

# MILESTONE SHAREABLES

