

#StayActive

# RH Run Club

MANUAL

Go Mustangs!

## Communications:

Parents, Check out facebook link to add yourself to the

RH Run Club group for updates and info: <https://www.facebook.com/groups/1593372264300061/>

Add the Remind app to your phone and use this code provided \_\_\_\_\_ to access RH RUN CLUB



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## Mission Statement

As part of The Cowtown Marathon's mission to promote a lifelong love of fitness,

The C.A.L.F. Program was created in 2009 to help tens of thousands of area children lace up and cross countless finish lines. Our staff and volunteers visit approximately 400 schools across North Texas annually, training students in proper running technique and educating them about resting heart rate, the importance of hydration, proper nutrition and living an active lifestyle.



This manual is designed to provide our volunteers and parents with a clear understanding of our organization, its mission, and the expectations of standards provided while in a volunteer relationship. Suggestions, additions, and elaborations are welcomed.





# COACHES

## Note About the Manual

This Coaches' Manual provides essential resources and information to lead a successful Kids Run Club. It is intended to serve as a guide and offer suggestions for the structure of your Run Club. However, all Kids Run Clubs operate a little differently! Remember, the program can be tailored to fit the goals, space, and resources of each Kids Run Club. This manual is full of different ideas and strategies to allow each Kids Run Club to be unique within the tenants of the Cowtown C.A.L.F Kids Run Program.



## **Dear Run Club Volunteer Coaches:**

Welcome to the Cowtown C.A.L.F Run Program and our RH Run Club! Thank you so much for your volunteer support. You serve a very important role in the program and you will be the key to helping kids feel comfortable and confident with physical activity. Your effort and motivation will be reflected in the kids' achievements throughout the program and beyond.

With success of this Kids Run Club, we expect participants to develop an enjoyment and understanding of exercise that promotes lifelong healthy habits. Running is an extremely accessible sport, and promotes a healthy heart, healthy lungs, and strong muscles for youth. Running can even promote mental health and increase attention in school.

To thrive in the pursuit of these incredible goals, we need your commitment and dedication.

I, \_\_\_\_\_ pledge my commitment to be a RH Run Club Volunteer Coach. I will attend the meetings unless I am unable to attend due to other scheduled engagements. I will do my best to work towards the success of the Kids Run Club. If I will be unavailable for a Kids Run Club practice, I will let the head coach know at least 24 hours before my absence.

---

**Signature**

---

/      /  
**Date**

# Creating Rules

Kids need and thrive off structure. If their experience at running club is chaotic, their behaviors will reflect such and your coaching experience will be less than pleasant. Be sure to create structure from the very beginning because it is harder to come back and create structure down the road after they have become comfortable with a relaxed environment. Be firm but fair. Let them know your expectations and hold them to those expectations. Create rules that are specific to your Kids Run Club. You can use the following guidelines to create an awesome set of rules that the kids will be inclined to follow:

- ▶ **Create the rules as a team!** If the kids are a part of the rule making process, they are more likely to follow the rules that are created! This also helps with building rapport because they will know that their input is valued. **-we will bring posterboard, have kids all sign it after rules have been made.**
- ▶ **Keep the number of rules to a minimum.** Generally, there should be no more than 5 rules because it becomes difficult for the kids (and the coaches) to remember the rules if there are so many of them. Condense the rules by combining similar topics. For example, if one kid says a rule should be to not hit anyone and another kid says you shouldn't kick someone, combine that to create an all-encompassing rule such as "Keep hands and feet to self."
- ▶ **Phrase rules in the positive.** Instead of saying, "Don't say bad words" you can say "Use positive words" or "Be kind to others."
- ▶ **Have the kids sign off on the rules.** You can create contracts for each kid or you could create one rules poster, which the entire team signs on the back indicating their commitment to follow the rules.
- ▶ **Be sure to include a rule that addresses your expectations for their participation at practice.** For example, you may establish a rule that everyone must try their hardest during workouts.
- ▶ **Establish the consequences for breaking the rules.** A few suggestions: time out, contacting parents, no participation in the Fun Run at the end of the season, etc.

# Captains

## ROTATING CAPTAINS

Depending on the size of your Kids Run Club, you may want to institute an organized captain of the day/week program. At the elementary age, we recommend a rotating system where each child gets a chance to be a captain. If the group is too large for every child to get the opportunity, you can group kids together, i.e. Max, Sam, and Emily are today's group leaders. Another option with a large group is to make being a captain an incentive for good behavior or attendance, i.e. good behavior and participation at run club will help you to be chosen as captain.

## ROLE OF THE CAPTAIN

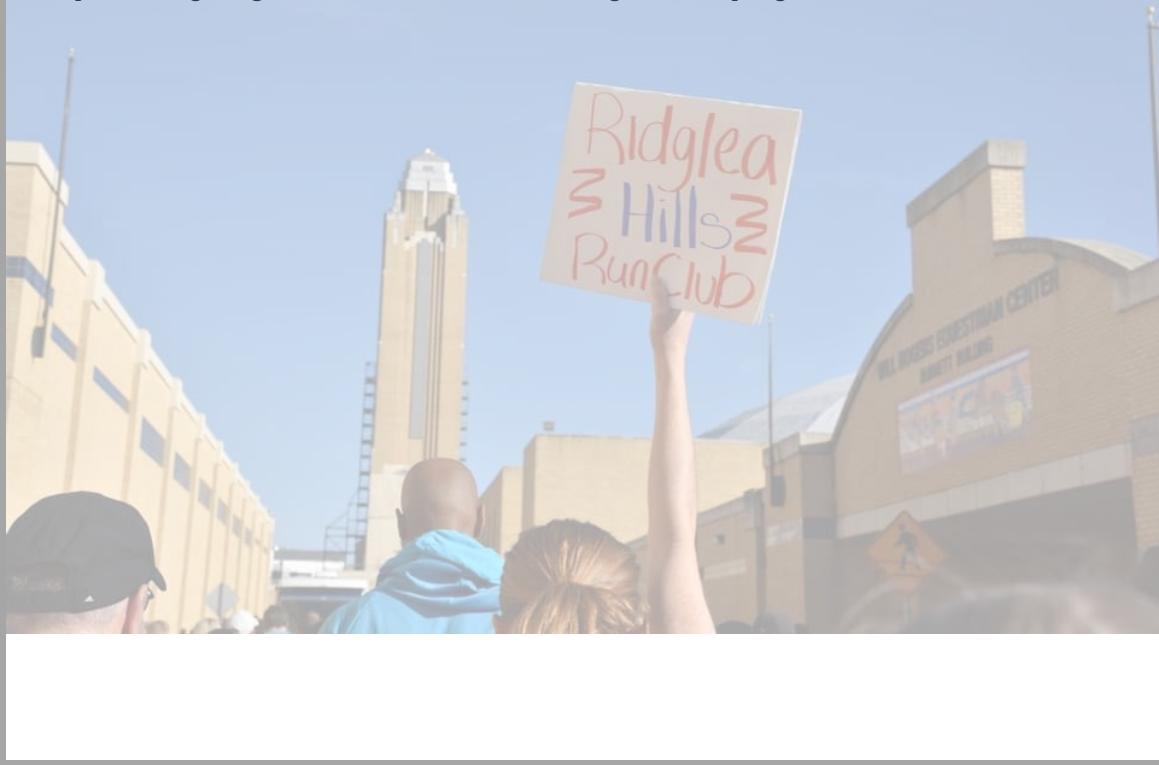
You can give captains minimal responsibility, such as making sure to cheer everyone on throughout the practice, or greater responsibility, such as leading the warm up and cool down, choosing the running game for the day, or helping the Kids Run Club Coach with set up and clean up.

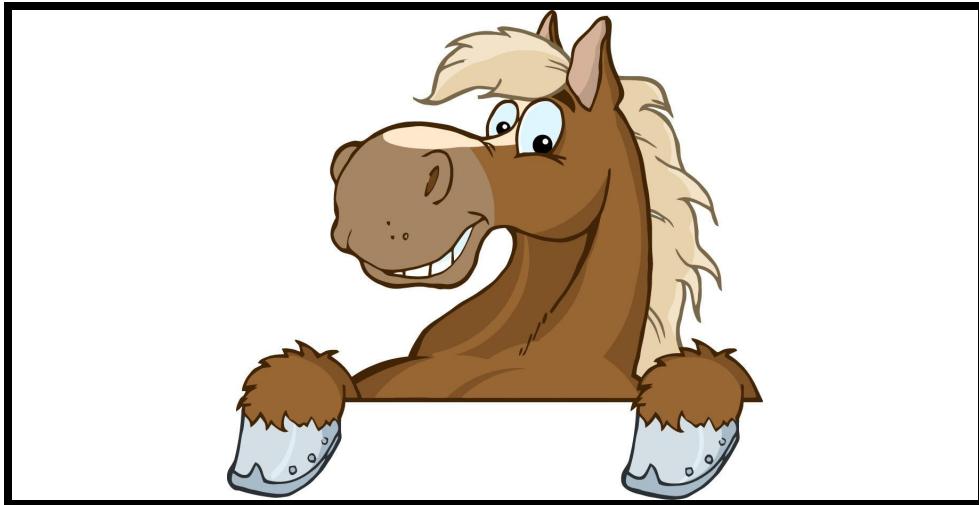
## BENEFITS

Adding a captain system to the structure of your Kids Run Club may seem like an extra step, but it will encourage leadership development within the group, help the kids to take ownership of the club, and reduce the pressure on you, the Kids Run Club Coach!

## Runner of the Week

Another positive reinforcement strategy that some Kids Run Clubs use is the “Runner of the Week” award. This award can be given to a participant who you would like to highlight for his or her effort, attitude, teamwork, or improvement throughout the program. Some clubs have different categories for the “Runner of the Week” award based upon age level, or some other designation. Remember, Active SWV Kids Run Clubs are non-competitive. The “Runner of the Week” award is just a tool to recognize participants who are following instructions, being helpful, and giving *his or her* best efforts throughout the program.





It always helps to be prepared with a plan before practice. You may want to segment your practice with the following:

- |                    |                          |
|--------------------|--------------------------|
| 1. Dynamic Warm Up | 4. Cool Down & Stretches |
| 2. Training Run    | 5. Training Tip          |
| 3. Game            | 6. Dismissal             |

#### NOTE

Distances and speed of each segment may vary based on the ability of your kids. You can increase the distance and pick up the pace as run club progresses.

### EXAMPLE PRACTICE PLAN:

#### DYNAMIC WARM UP

- ▶ 2-minute slow jog brisk walk
- ▶ high knees, butt kicks, side shuffle (both directions), high kicks

#### TRAINING RUN

- ▶ Run easy for 5 minutes ▶ Walk for 2 minutes
- ▶ Run easy for 5 minutes ▶ Walk for 2 minutes

#### GAME

- ▶ Sharks and Minnows

#### COOL DOWN & STRETCHES

- ▶ 2-minute slow jog/brisk walk
- ▶ Quad stretch, hamstring stretch, calf stretch, shoulder stretch

#### TRAINING TIP

- ▶ Running form: Keep your body relaxed when you run, chin up and eyes forward,  
arms swing straight ahead (not side to side), smile and have fun!

#### DISMISSAL

# Warm-Up: 1st - 3rd

Walk/run for 2 minutes then follow with moves from this dynamic warm-up:

## BUNNY HOPS

- ▶ Hop across the open space like a bunny rabbit
- ▶ Jump with both feet together and make sure to bend knees



## BEAR CRAWL

- ▶ Crawl with hands and feet on the ground and knees bent
- ▶ Try to crawl with big movements, stretching arms and legs



## Skip

- ▶ Skip from leg to leg driving the opposite arm up to the sky
- ▶ Get many skips in a small space



### Training tip!

Tell your runners that it is not important how fast they go. Try to get lots of skips in and skip high, reaching for the stars!

## HOPSCOTCH

- ▶ Switch off jumping with both feet and then jumping with one foot
- ▶ Make sure you switch off with your left and right foot



## HIGH KICKS

- ▶ While walking, kick up your legs to hip height
- ▶ Reach for toes with the arm on the same side



### Training tip!

Tell your runners to walk like Frankenstein! Reach with the opposite arm to stretch the outside of the hip in addition to the hamstring.

## PROGRESSIVE SPRINT

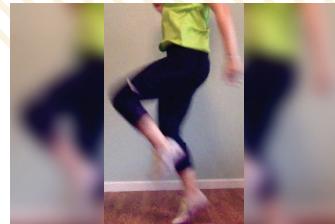
- ▶ Start slow and gradually progress in speed until at full speed

# Warm-Up: 4th & Up

Walk/run for 2 minutes then follow with moves from this dynamic warm-up:

## HIGH KNEES

- ▶ Drive the knees up to hip height
- ▶ Make running motion with arms: opposite arm, opposite leg



## BUTT KICKS

- ▶ Opposite motion, bringing the heels to the buttocks
- ▶ Stretch quads while activating hamstrings



## SIDE SHUFFLE

- ▶ Bend knees and get low
- ▶ Do not let feet ever touch in the middle
- ▶ Make sure to shuffle back the other direction



## GRAPEVINE

- ▶ Switch off stepping in front and behind the supporting foot as you step sideways
- ▶ Make sure to grapevine back the other direction



## HIGH KICKS

- ▶ While walking, kick up your legs to hip height
- ▶ Reach for toes with the arm on the same side



### Training tip!

Tell your runners to walk like Frankenstein! Reach with the opposite arm to stretch the outside of the hip in addition to the hamstring.

## PROGRESSIVE SPRINT

- ▶ Start slow and slowly progress in speed until at full speed

# Training Program

Follow this weekly training guide on Run Club days. Always start with a warm up and end with a cool down. Regardless of the plan for the training session, runners are encouraged to walk if they need to, at any time.

## WEEK 1

### SESSION 1

- ▶ Run easy for 3 minutes > Walk for 1 minute
- ▶ Run easy for 2 minutes > Run hard for 30 seconds
- ▶ Take a break for 2 minutes
- ▶ REPEAT

#### TRAINING TIP!

When you're running easy, you should be able to have a conversation with the person next to you.

### SESSION 2

- ▶ Run hard for 2 minutes > Walk for 1 minute
- ▶ Run hard for 1 minute > Run easy for 2 minutes
- ▶ Take a break for 1 minute
- ▶ REPEAT
- ▶ Take a break for 1 minute
- ▶ REPEAT

## WEEK 2

### SESSION 1

- ▶ Run easy for 5 minutes > Walk for 2 minutes
- ▶ Run easy for 5 minutes > Walk for 2 minutes

### SESSION 2

- ▶ Run easy for 4 minutes > Walk for 2 minutes
- ▶ Run easy for 5 minutes > Walk for 1 minute
- ▶ Run easy for 4 minutes

#### TRAINING TIP!

During week 2, we are working on building our endurance. We're trying to run longer without taking walk breaks.



## **WEEK 3**

### **SESSION 1**

- ▶ Run hard for 1 minute > Run easy for 1 minute
- ▶ REPEAT 3 times
- ▶ Take a break for 2 minutes
- ▶ Run hard for 2 minutes > Run easy for 1 minute
- ▶ REPEAT 2 times

### **SESSION 2**

- ▶ Run easy for 5 minutes > Walk for 2 minutes
- ▶ Run hard for 3 minutes > Run easy for 2 minutes

### **TRAINING TIP!**

It is week 4 and we are about halfway through training! Instead of sitting on the couch in front of the TV, encourage runners to try some stationary exercises at home to strengthen their muscles.

## **WEEK 4**

### **SESSION 1**

- ▶ Run hard for 4 minutes > Run easy for 3 minutes
- ▶ Run hard for 3 minutes > Run easy for 2 minutes
- ▶ Run hard for 2 minutes > Run easy for 1 minute

### **SESSION 2**

- ▶ Run hard for 4 minutes > Walk for 1 minute
- ▶ Run hard for 5 minute > Run easy for 2 minutes

## **WEEK 5**

### **SESSION 1**

- ▶ Run hard for 3 minutes > Run easy for 2 minutes
- ▶ Run hard for 2 minutes > Run easy for 1 minute
- ▶ REPEAT

### **SESSION 2**

- ▶ Run hard for 6 minutes > Walk for 1 minute
- ▶ Run hard for 3 minutes > Run easy for 1 minute
- ▶ Run hard for 2 minutes

## WEEK 6

### SESSION 1

- ▶ Run hard for 5 minutes > Walk for 1 minute
- ▶ Run easy for 4 minutes > Run hard for 30 seconds
- ▶ Take a break for 2 minutes
- ▶ REPEAT

### SESSION 2

- ▶ Run hard for 2 minutes > Walk for 1 minute
- ▶ Run hard for 1 minute > Run easy for 2 minutes
- ▶ Take a break for 1 minute
- ▶ REPEAT
- ▶ Take a break for 1 minute
- ▶ REPEAT

## WEEK 7

### SESSION 1

- ▶ Run hard for 3 minutes > Walk for 1 minute
- ▶ REPEAT
- ▶ Run hard for 2 minutes

### SESSION 2

- ▶ Run hard for 3 minutes > Run easy for 2 minutes
- ▶ REPEAT
- ▶ Run hard for 1 minute

### TRAINING TIP!

The final week is about getting prepared for the race! Tell your runners that they've already done all of the hard work and they will do great! They need to focus on resting and staying loose.

## WEEK 8

### SESSION 1

- ▶ Run easy for 2 minutes
- ▶ Take a break for 1 minute
- ▶ REPEAT

### SESSION 2

- ▶ Fun and easy run games!

## FUN RUN!

# **Additional Training Workouts**

If you're looking for some different training workouts to mix-up the usual lap routine, choose from any of these additional training workouts:

## **FIGURE 8S**

If you have a field or blacktop, have the kids run in the shape of an 8 by sprinting in a diagonal line from one corner to the opposite corner then jogging the straight edge of the field or blacktop/field and repeating it. You can do this work out for a certain period of time or you may tell the runners that they must complete a certain number of figure 8s. (Variation: you can give some kids the option to walk the straight edge instead of jogging.)

## **INDIAN RUN**

Have the kids line up one behind the other. Although this workout can be done anywhere, it may be easiest to do around a field or a track. The runners must jog in a line, being sure to keep the gaps between runners to a minimum. The person who is last in line must sprint past the other runners to make it to the front of the line. Once they make it to the front, they return to a jogging speed and the next person who is last in line sprints to the front. This can continue for a certain period of time (ex- 10 minutes) or after they complete a certain number of laps (ex- 4 laps around the track). If your club is large, you may want to break the kids down by ability level, age, or gender.

## **PYRAMID RUN**

Lay out a path, which must be either a square or rectangle. Runners will first walk all 4 sides, then run one side and walk the other 3, then run 2 sides and walk 2, run 3 sides and walk 1, and finally run all 4 sides. Depending on time, take a couple minutes to get water and then you can have the group work their way back down the pyramid. Run all 4 sides, walk 1 side and run 3, walk 2 sides and run 2, walk 3 sides and run 1, walk all 4 sides.

## **PARTNER OUT AND BACK**

Get into pairs of 2. One partner runs out to a designated distance and back, while the other partner rests and cheers them on. The partners switch off running out and back for either a designated number of minutes or a designated number of times. For more rest, make groups of 3.

## GAME MENU

<b>PG</b>	<b>GAME</b>	<b>PLAYERS</b>	<b>LOCATION</b>	<b>TIME</b>	<b>GRADE</b>
17	Animal Tag	10-30 players	Indoors/Outdoors	10-25 minutes	1st-3rd
17	Back-to-Back Tag	12-30 players	Indoors/Outdoors	5-20 minutes	1st-8th
17	Bean Bag Relay Race	3-8 per team	Indoors/Outdoors	10-30 minutes	1st-8th
18	Captain's Coming	10-50 players	Indoors/Outdoors	10-30 minutes	5th-8th
18	Exercise Bingo	3-40 players	Indoors/Outdoors	10-30 minutes	1st-8th
19	Exercise Cards	10-40 players	Indoors/Outdoors	20-30 minutes	3rd-8th
19	Favorites	3-8 players	Indoors/Outdoors	10-20 minutes	3th-8th
19	Messy Cleany	5-50 players	Indoors/Outdoors	5-20 minutes	1st-8th
20	Musical Cones	5-50 Players	Indoors/Outdoors	10-30 minutes	3rd-8th
20	Over Under	5-10 players	Indoors/Outdoors	5-10 minutes	1st-5th
20	Relay Races	3-8 per team	Indoors/Outdoors	10-30 minutes	3rd-8th
20	Ring of Fire	5-50 Players	Indoors/Outdoors	5-20 minutes	3rd-8th
21	Rock-Paper-Scissors Springs	5-10 per team	Indoors/Outdoors	Varies ~15 minutes	4th-8th
21	Run-Back-Hit-It	10-50 Players	Indoors/Outdoors	5-15 minutes	3rd-8th
21	Scavenger Hunt	3-7 per team	Indoors/Outdoors	15-45 minutes	3rd-8th
21	Sharks and Minnows	10-40 players	Indoors/Outdoors	10-30 minutes	1st-8th
22	Slide Tag	12-30 players	Outdoors	10-25 minutes	4th-8th
22	Stuck in the Mud	10-20 players	Outdoors	5-20 minutes	1st-8th
22	Stuck in the Mud Partners	12-30 players	Indoors/Outdoors	5-20 minutes	1st-8th
22	Tiger Tails	5-25 players	Indoors/Outdoors	10-20 minutes	1st-3rd
23	Traffic Light	10-40 players	Indoors/Outdoor	10-20 minutes	1st-8th
23	Turtle Tag	10-20 players	Outdoors	5-20 minutes	1st-8th
23	What Time Is It Mr. Fox?	5-30 players	Indoors/Outdoors	10-20 minutes	1st-3rd
24	Would You Rather	5-50 players	Indoors/Outdoors	10-20 minutes	1st-8th



## Games

Be flexible with game play! This allows you to keep a good flow of game play and to meet the needs of all participants. Mix things up by changing the size of game boundaries or the even how participants travel around the play space (gallop, hop etc.).

### ANIMAL TAG

10-30 players // Indoors/Outdoors // 10-25 minutes // 1st-3rd

**Description** Choose one player to be “IT.” Before each round, call out an animal that everyone must run like i.e. monkey, dog, crab, bunny, penguin, bear, or frog.

#### **Training tip!**

With TAG games, institute a 2-finger rule to keep kids safe!

### BACK-TO-BACK TAG

12-30 players // Indoors/Outdoors // 5-20 minutes // 1st-8th

**Description** This one is great for team building. On the signal “GO,” IT chases the other players. Players are safe for five seconds only when they stand back-to-back, elbows linked, with another player. As soon as they feel safe, or their five seconds are up, separate and run in free space until IT comes near again. Then find a new partner and stand back-to-back. If you are tagged, you are the new IT.

### BEAN BAG RELAY RACE

3-8 per team // Indoors/Outdoors // 10-30 minutes // 1st-8th

**Description** This game is a great way to promote good running posture! Split the players up for relay races. During the relay race, the runners will have a bean bag that they must balance on their head as they run. If the bean bag falls, they must stop to pick it up and put it back on their head before continuing.

## CAPTAIN'S COMING

10-50 players // Indoors/Outdoors // 10-30 minutes // 5th-8th

**Description** The leader of the group will read the following commands in any order they would like. In a "Simon Says" fashion, if a player cannot follow the command, they are out.

- ▶ Captain's Coming: Everyone stands quietly in a salute. They cannot move from this position until the caller says, "At Ease!" If they follow another command before the captain says, "At Ease!" they are out.
- ▶ Port: Players run to the left.
- ▶ Starboard: Players run to the right.
- ▶ Man Overboard: 2 players. One person gets down on hands and knees while another player places their foot up on their back and pretends to search for someone.
- ▶ 3 Men Rowing: 3 players. Get in a line and pretend to row a boat while singing "row row row your boat."
- ▶ 4 Men Pointing North: 4 players. Get into a circle and point up.
- ▶ 5 Men Eating: 5 players. Get into a circle and pretend to eat.
- ▶ Sea Sick: 1 player. Pretend to throw up.
- ▶ Beached Whale: 1 player. Lays on the ground while acting like a beached whale and making weird sounds.
- ▶ Hit The Deck: 1 player. Quickly lay down on the floor on stomach.

## EXERCISE BINGO

3-40 players // Indoors/Outdoors // 10-30 minutes // 1st-8th

**Description** All players get a BINGO sheet. Participants need something to write with to mark the BINGO card. Call out any of the following 25 commands:

- |                           |                        |                                |
|---------------------------|------------------------|--------------------------------|
| ▶ 5 push-ups              | ▶ 20 second high knees | ▶ 10 squats                    |
| ▶ 30 second bunny hops    | ▶ 20 second inch worm  | ▶ 20 second butt kicks         |
| ▶ 5 sit ups               | ▶ 10 hopscotch         | ▶ 20 second twist              |
| ▶ 20 second crab walk     | ▶ 20 second toe walk   | ▶ 20 second heel walk          |
| ▶ 10 star jumps           | ▶ 20 second plank      | ▶ 30 second skip               |
| ▶ 10 frog leaps           | ▶ 10 push-ups          | ▶ 15/15 second R/L leg balance |
| ▶ 10 second beached whale | ▶ 10 skater hops       | ▶ 5 frog leaps                 |
| ▶ 30 second wall sit      | ▶ 15 second bear crawl | ▶ 30 second arm circles        |
|                           | ▶ 20 jumping jacks     |                                |

The entire group does the exercise called out before marking their sheet. Play until everyone in the group has gotten 5 in a row!



## EXERCISE CARDS

10-40 players // Indoors/Outdoors // 20-30 minutes // 3rd-8th

**Description** Put 2-5 decks of cards in the middle of the space, face down.

Split group up into teams of 4-10 if there are many players. If there are less than 10 playing, don't do teams. Designate card suits as different exercises.

- ▶ Spades: toe walk      ▶ Clubs: squats
- ▶ Hearts: push-ups      ▶ Diamonds: sit-ups

One player runs a lap and then grabs a card and brings it back to the group. The entire group does the exercise designated by the suit of the card except for one person who runs a lap around and grabs a new card. Rotate the runner each time. JOKER means everyone runs a lap together. The group must continue the exercise until the runner returns. Everyone gets to take a break while the runner goes to the center of the room to pick up a new card for the group. After X amount of time, count how many cards the group collected. Try and beat the record next time!

## FAVORITES

3-8 players // Indoors/Outdoors // 10-20 minutes // 3rd-8th

**Description** A great "get to know you" game! Players get in a circle. One player picks a category. For example, "favorite season." Then, one at a time, the players go around the circle saying their favorite season. Any time there is a repeat, those players run to a predetermined spot and back to the circle! If the first two players said, "winter," they would both run. Then if the third player said, "summer," the group would continue. If the next player said "winter," all three who said winter would run. The players are running every time they have a favorite thing in common! This continues until it has made it back to the starting person, after which the next person in the circle can start a new category. Example categories:

- ▶ Favorite ice cream      ▶ Favorite TV show      ▶ Favorite condiment
- ▶ Favorite fruit      ▶ Favorite movie      ▶ Favorite kind of cookie
- ▶ Favorite vegetable      ▶ Favorite sport
- ▶ Favorite color      ▶ Favorite animal

## MESSY CLEANY

5-50 players // Indoors/Outdoors // 5-20 minutes // 1st-8th

**Description** Set up cones in an open space. Divide the group into 2 teams:

Messy and Cleany. When you say GO, the Messy team will run around and knock cones over, while the Cleany team will run around and set the cones back upright. Play for a designated amount of time and then switch teams!

## MUSICAL CONES

5-50 Players // Indoors/Outdoors // 10-30 minutes // 3rd-8th

**Description** This is not your typical competitive musical chairs! Disperse cones throughout the play space, approximately the same as the number of participants. While the music is playing, players will run laps. When the music stops, players will go find a cone and perform the designated exercise (i.e. squat, push-up, jumping jack). Each round, take a cone away. When there are less cones than players, players must stand at cones together. If there are 5 players at one cone, they will have to do 5 jumping jacks (or whatever the designated exercise is). At the end, all players will be together at one cone and if there are 30 players, they will do the exercise 30 times!

## OVER UNDER

5-10 players // Indoors/Outdoors // 5-10 minutes // 1st-5th

**Description** Create lines, one behind the other, with no more than 10 people. The first person in line will pass the ball over their head to the next player, who will take the ball and pass it under their legs to the next person. After passing the ball, the players will have to run to the back of the line, so the train can continue until the coach says stop. Count how many times you can go through the line in 2 minutes and then see if you can beat it on the next try!

## RELAY RACES

3-8 per team // Indoors/Outdoors // 10-30 minutes // 3rd-8th

**Description** Create teams of 3-8. On “GO!” the first runner on each team can run the desired distance and back. The next runner waits at the start line until the first runner is back and gives him/her a high five. Add activity to this relay race by giving exercises for everyone to do while they’re waiting in line to run, i.e. jumping jacks, push-ups, mountain climbers, wall sits, burpees, planks, etc.

## RING OF FIRE

5-50 Players // Indoors/Outdoors // 5-20 minutes // 2nd-8th

**Description** A great warm-up or indoor game! Have players get in a circle. One player will begin by doing an exercise (ex: squat, jumping jack, push-up). All players will repeat the action together. Then, the next player in the circle will do the first exercise, and add on another. All participants will then do the first exercise and the second exercise. Continue to build on the exercises until all participants have had a chance to add in a move.



## ROCK-PAPER-SCISSORS SPRINTS

5-10 per team // Indoors/Outdoors // Varies ~15 minutes // 4th-8th

**Description** Divide the group into two teams of 5-10. The teams are placed about 100 meters apart and they each form single file lines. The first runner in each group will run as fast as they can towards each other. When they meet in the middle, they stop and play one round of rock-paper-scissors. The loser of the match jogs back to his/her group, while the winner immediately continues to run forward until they are met by the next person in line, who is running from the opposing team as soon as they realize their teammate lost that round. Each time the runners meet, they play one round of rock paper scissors and the winner continues to sprint towards the opposing team, getting closer with each win. Once a player makes it all the way to the other team's side, the player is done running and can wait and cheer for his/her team. The game ends when everyone on one team has made it to the other side.

## RUN-BACK-HIT IT

10-50 Players // Indoors/Outdoors // 5-15 minutes // 3rd-8th

**Description** Line up side by side. This line can have anywhere from 3-10 people. You want to create multiple lines, as the amount of lines will determine resting time. The first line will start. Upon commands "RUN" "BACK" and "HIT IT," the players will run forward, back pedal, and do one burpee (Other options: one jump, sit down, touch the floor, or push-up). Once that line makes it all the way across the gym or play area, the next line will go. You can say the commands in any order and repeat them any number of times to increase or decrease challenge.

## SCAVENGER HUNT

3-7 per team // Indoors/Outdoors // 15-45 minutes // 3rd-8th

**Description** Disperse objects through the play area. The larger the space the better. Make a list of objects teams need to retrieve. For an extra component, give points for each item on the list based on how far away the object is. Set a time limit for the teams, and if a team is back late, they are automatically out.

## SHARKS AND MINNOWS

10-40 players // Indoors/Outdoors // 10-30 minutes // 1st-8th

**Description** One person is the shark. All other participants start as minnows. The minnows start behind a line and on, "GO!" the minnows try to run from one side to the other without being tagged by the shark. The minnows that are tagged join the shark as sharks in the next round. The game continues until there is only one minnow left and he/she gets to be the first shark in the next round of the game.

## SLIDE TAG

12-30 players // Outdoors // 10-25 minutes // 4th-8th

**Description** All players find a partner. Partners lay down on their stomachs next to one another. These pairs of two can be dispersed randomly throughout a play space. Two people start, one as a tagger and one as a runner. At any point, the runner can lay down next to a pair of two and the player on the opposite side of where the runner lays down becomes the new runner. The tagger stays the same until they have tagged the runner, in which case the runner becomes the tagger and the tagger becomes the runner. Muddy ground? Have runners stand and link elbows instead of laying down.

## STUCK IN THE MUD

10-20 players // Outdoors // 5-20 minutes // 1st-8th

**Description** Set out a play area for this game. Select one player to be IT. Once play begins, IT must tag other players. Once tagged, players are stuck in the mud. They stay where they are when they were tagged, with their legs apart. Players who aren't stuck, can free people who are stuck in the mud by crawling through their legs. Once players are freed, they can run around again. Depending on the number or children and the size of the play area, it may be more fun to have a few people to be IT.

## STUCK IN THE MUD PARTNERS

12-30 players // Indoors/Outdoors // 5-20 minutes // 1st-8th

**Description** All players have to find a partner. Choose one pair to be IT. The IT pair has to try to tag as many pairs as possible. A tagged pair stay where they are, and face each other with arms raised to form an arch. You can only be freed when another pair runs through your arch.

## TIGER TAILS

5-25 players // Indoors/Outdoors // 10-20 minutes // 1st-3rd

**Description** All players must have a piece of fabric (long sock, bandana, handkerchief) tucked into the side of their pants. The goal of the game is to collect as many tiger tails as possible. When a player's tiger tail is stolen, their feet are frozen in place, but they are still able to use their arms to grab tails as people run by.



## TRAFFIC LIGHT

10-40 players // Indoors/Outdoor // 10-20 minutes // 1st-8th

**Description** All players line up side by side. The leader, who is designated as the traffic cop, will give commands. They will choose between GREEN light, YELLOW light, and RED light. On GREEN light, the players will try to run towards the finish line, on YELLOW light, the players will walk slowly, and on RED light the players must STOP and freeze. If the traffic cop catches them moving, they will be sent back to the starting line. The round ends when the players have made it to the finish line.

## TURTLE TAG

10-20 players // Outdoors // 5-20 minutes // 1st-8th

**Description** Choose one person to be IT. Play begins when IT yells, "GO." IT chases other players. When IT comes near, players can avoid being tagged by quickly lying on their backs with arms and legs raised in the air, like a turtle on its back. As soon IT has gone by, they can keep running again. If you are tagged, you are the new IT.

## WHAT TIME IS IT MR. FOX?

5-30 players // Indoors/Outdoors // 10-20 minutes // 1st-3rd

**Description** All players line up side by side. The leader, the fox, will give commands. The fox will be about 20 steps in front of the line, and they will turn around so their back faces the group and they cannot see the rest of the players. The players will ask, "What time is it Mr./Mrs. Fox?" and the fox will reply with a time. If the fox says 5 o clock, the group takes 5 hops towards the fox, if the fox says 2 o clock, the group takes 2 hops towards the fox, etc. The fox continues to say random times and the players will get closer and closer to the fox. When the fox wants to, instead of giving a time, the fox will say "It's dinner time!" and the fox will turn and try and chase the players back to the start line. The player that is tagged by the fox will be the next fox.

## WOULD YOU RATHER

5-50 players // Indoors/Outdoors // 10-20 minutes // 1st-8th

Present the group with "would you rather" questions and point to the right when you give one option and to the left when you give the other option. Players must run to the side that they would "rather" do. Between each new 'would you rather' the players run back to the middle. Come up with any creative options you can think of!

- ▶ Would you rather be too hot or too cold?
- ▶ Would you rather turn into a cat or a dog?
- ▶ Would you rather have super strength or invisibility?
- ▶ Would you rather have bright blue hair or bright blue feet?
- ▶ Would you rather never eat candy again or never eat ice cream again?
- ▶ Would you rather swim fast or run fast?
- ▶ Would you rather have super long fingers or super long toes?
- ▶ Would you rather have smelly feet or bad breath?
- ▶ Would you rather be very quiet or very loud?
- ▶ Would you rather be a firefighter or a police officer?
- ▶ Would you rather be inside all of the time or outside all of the time?



# Cool Down

Walk/jog for 2 minutes then follow with stretches from the stretching guide.

## STRETCHING GUIDE

The American College of Sports Medicine (ACSM) recommends stretching no less than 2-3 times a week. Make sure your muscles are warm before stretching. Hold each stretch for 10-30 seconds. Feel free to repeat stretches to achieve a total of 60 seconds per stretch.

### QUADRICEP

Feel this stretch in the front of the thigh.

We use these muscles to extend, or straighten, our leg.

1. Drive the knees up to hip height
2. Make running motion with arms: opposite arm, opposite leg



### HIP FLEXOR

Feel this stretch in the front of the hips.

We use these muscles to lift our legs.

1. Kneel on both knees and bring one leg forward
2. Shift weight forward keeping your chest up
3. Keep your back knee and foot on the ground, toes back

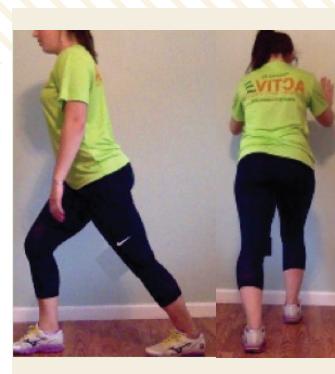


### CALF

Feel this stretch in the back of the lower leg.

We use these muscles to push off up onto our toes.

1. Step one foot back, keeping the back leg straight
2. Shift weight towards the back heel until stretch is felt

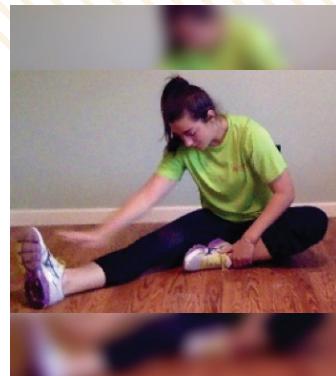


## HAMSTRING

Feel this stretch in the back of the leg, between the back of the knee and the buttocks.

We use these muscles to bend at the knees, leg flexion.

- 1.** Sit on floor with one leg extended
- 2.** Bend the knee of the other leg and bring the sole of the foot to the inner thigh
- 3.** Shift weight forward towards the foot of the straight leg



## GLUTES

Feel this stretch in the buttocks.

We use these muscles to extend our legs back and lift them to the side.

- 1.** Sit on floor with both knees bent
- 2.** Bring one ankle to just below the knee of the other leg
- 3.** Hold thigh and lay back to intensify

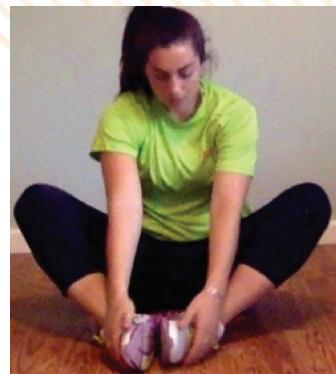


## GROIN

Feel this stretch in the inner thigh.

We use these muscles to bring our legs across our body.

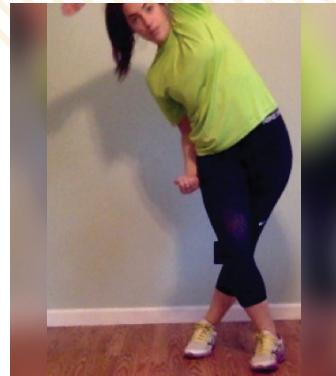
- 1.** Sit on floor with knees bent and soles of feet pressed together
- 2.** Wrap hands around feet or ankles and gently pull forward



## IT BAND

Feel this stretch in the outside of the hip. The IT Band is a fascia that helps to stabilize the knee and works with its surrounding muscles to lift our legs to the side.

1. Stretch left: Cross right foot over left and lean to the right reaching left arm over head
2. Stretch right: Cross left foot over right and lean to the left reaching right arm over head



**Training tip!** Tell your runners that they are making a "C" shape with their arm and their back leg to help them lean in the correct direction!

## SHOULDER

Feel this stretch in the outside of the upper arm.

These muscles help us lift up our arms.

1. Straighten arm and bring it across your body
2. Hold the arm in place with other hand either above or below the elbow joint
3. Keep shoulder down away from ear



## TRICEP

Feel this stretch in the back of the arm above the elbow. These muscles help us to straighten our arms, elbow extension.

1. Bring one arm straight up overhead
2. Reach the hand down to your back
3. Use other hand to gently push down and assist stretch



**Training tip!** Tell your runners to give themselves that "pat on the back" they deserve!

## ADDITIONAL STRETCHES

### ABDOMINALS



### CALVES



### GLUTES



### GROIN



### HIP FLEXOR



### HAMSTRING



# Additional Training Tips

**RUNNING FORM** Keep your body relaxed when you run, chin up and eyes forward, arms swing straight ahead (not side to side), smile and have fun!

**HYDRATION** Water should be your drink of choice, and you should be drinking it all day long. Dehydration can cause headaches, fatigue, and lack of energy. Bring water to run club!

**DRESSING FOR RUNNING** Good sneakers are necessary. Running in boots, high heels, or flip flops can hurt your feet and body. Wear proper clothing, including hats and gloves if it is cold. In the heat, try to wear light colored clothing and sunscreen.

**PACING A RUN** Always start out slow. It is better to pick up speed gradually than to go all out at the start and then not be able to finish. Start slow, pick up the speed gradually, and then at the very end you can go all out. During runs, a good guideline of a comfortable pace is you should be able to talk with your friend or coach while running. If you are out of breath, you are running too fast.

**EATING RIGHT** You should eat something small at least 30 minutes before your run (granola bar, piece of fruit, peanut butter on toast). Anything high in sugar or fat is NOT GOOD. If you eat junk, your run will be junk. After your run, you should eat within an hour to refuel (apple, low fat chocolate milk, pretzels).

**INTERVAL TRAINING** Interval training is when we combine short bursts of intense exercise with breaks. This mix of high intensity (out of breath) and low intensity (relaxed and easy) is a great way to make our heart strong!

- Here is an example: run as fast as you can for 30 seconds, then walk for 1 minute. Repeat this 4 times!

**INJURY PREVENTION** Warming up before exercise is a great way to prevent injuries, so make sure you warm up for about 5 minutes before every run! Another good way to help prevent injury is to listen to your body. If something is hurting, talk to your run club coach and rest!

**CROSS TRAINING** Running is really fun, but that doesn't mean we can do it every day. Our body needs to rest and recharge, just like a battery. It is good to take a couple days off of running per week, but that doesn't mean you shouldn't still be active! Try a different activity instead, like swimming, biking, or dancing!

**RACE DAY PREP** Lay out your clothes the night before. To calm nerves, picture yourself running across the finish line and the happy feeling you'll have when you race. Stay positive! Tell yourself you are ready, you will finish, and you'll have fun!

## STATIONARY EXERCISES

### PUSH-UPS

- 1.** Start with hands wider than shoulder width apart
- 2.** Keep body very straight by engaging all of your muscles
- 3.** Bend elbows to 90 degrees and extend back up
- 4.** Lead with your chest, not your head



***Training tip!***

A modified push-up is great for beginners. Try the modified position with knees on the ground.

### JUMPING JACKS

- 1.** Start in the straight pencil like positon
- 2.** Jump into to the starfish position, with arms and feet out wide



### LUNGES

- 1.** Bend your back knee down towards the floor
- 2.** Make sure the length of your lunge is long enough to get 90-degree bends in each knee
- 3.** Bend down until your front thigh is parallel to the floor



## SQUAT

1. Start with feet slightly wider than hip width apart
2. Squat down as if sitting in an imaginary chair
3. Make sure knees don't go forward over toes
4. Bend down until knees are at 90 degrees and then stand back up



### Training tip!

Take this exercise to the next level by adding a JUMP in between each squat!

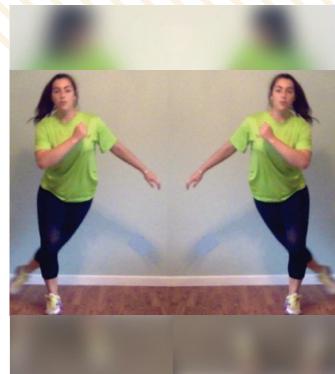
## PLANKS

1. Hold your body in a straight line with elbows directly under shoulders



## SKATER HOPS

1. Jump from one side to the other landing on the outside foot
2. Bring the inside leg behind the outside foot with each jump
3. The farther apart you jump, the harder the exercise is



## BUNNY HOPS

1. Hop up and down with both feet together like a bunny
2. Make sure to bend knees and land softly



## ARM CIRCLES

1. Hold arms up so that your body makes a T shape
2. Move arms in tiny circles
3. Feel free to change the direction of the circles



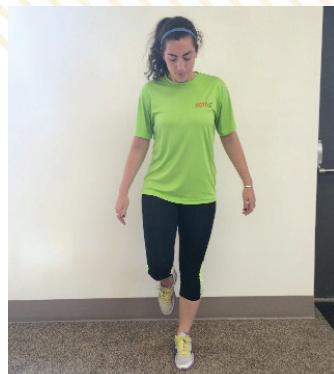
## FROG LEAPS

1. Take long jumps with both feet together
2. Between each jump, bring both hands down to touch the floor in a frog position



## ONE LEG BALANCE

1. Balancing on one foot improves ankle stability, leg muscles, and neuromotor function



## HEEL/TOE WALK

1. Walking on tip toes and walking on heels with flexed feet helps strengthen muscles around the feet and lower leg and increases ankle stability!



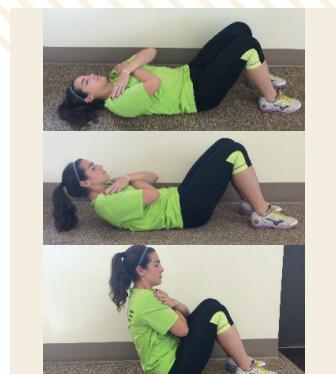
## TWIST

1. Do the twist!
2. Twist down low and up tall



## SIT UPS

1. Start on your back with knees bent and feet flat on the floor
2. Cross arms with hands on shoulders
3. Slowly lift torso up while keeping your eyes on your knees



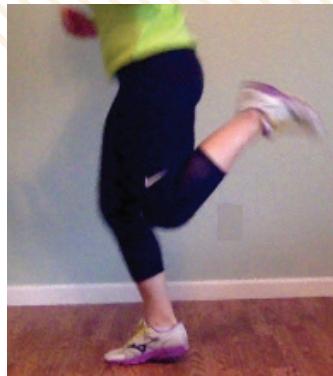
## STAR JUMPS

1. Jump up high in the air with your arms and legs out wide like a star
2. During each jump yell, "I'm a star"



## BUTT KICKS

1. Stand in one place or move from one spot to another bringing the heels back towards the buttocks



## BEAR CRAWL

1. Crawl with hands and feet on the ground and knees bent
2. Try to crawl with big movements, stretching arms and legs



## HOPSCOTCH

1. Switch off jumping with both feet and then jumping with one foot
2. Make sure you switch off with your left and right foot



## HIGH KNEES

1. Stand in place or move from one spot to another driving the knees up to hip height
2. Speed up for an extra challenge



## BEACHED WHALE

1. Lay on stomach with feet and arms flapping up off the ground
2. This exercises the back muscles, a highly neglected but important opposing muscle group to the abdominals
3. Encourage fun whale noises!



## WALL SIT

1. Sit with back against the wall and knees bent at 90 degrees



## INCH WORM

1. Start in standing position, bend over bringing hands to the floor and slowly walk them out away from the feet to a plank position
2. Then start walking the feet in towards the hands and repeat



## RUN CLUB CHALLENGES

	<b>Vary your veggies</b>	Try a vegetable that you have never had before!
	<b>Know your H2O</b>	For one week, drink water instead of soda or other sugary drinks!
	<b>Daily positivity</b>	For one full week, write down one thing every day that you are thankful for!
	<b>Fruit for dessert</b>	For a sweet treat after dinner, try a piece of fruit!
	<b>Try something new</b>	Try a new sport or exercise that you have never done before!
	<b>Exercise with a buddy</b>	Exercise with a buddy for 3 days in a row. Your buddy can be anyone that is not already in the run club!
	<b>Exercise while watching TV</b>	Instead of staying on the couch while watching TV, get up during the commercials and try some indoor exercises like jumping jacks or push-ups!
	<b>Listen to music while you exercise</b>	See what it's like to exercise while listening to some music! Turn on the radio and enjoy those tunes!
	<b>Stretching with a buddy</b>	Teach your stretches to your running buddy!
	<b>Lead a warm up</b>	Fulfill this challenge by either leading a warm up at run club, or leading a warm up at home for your running buddy!
	<b>Lead a cool down</b>	Fulfill this challenge by either leading a cool down at run club, or leading a cool down at home for your running buddy!
	<b>100% Attendance</b>	Complete this challenge with 100% run club attendance!

# Thank You!

As you have perused the information contained in this handbook you may be thinking, "Wow—there is a lot to this coaching thing!" Admittedly, there are certain responsibilities that come along with being a coach of any sport. However, the impact that you will undoubtedly have is well worth the work and the reward of knowing that you helped a kid develop lifelong healthy living habits makes it all worth it!

We have covered a lot of information in this handbook but to be honest with you — coaching a Kids Run Club is actually pretty easy. The most important thing is that we provide these kids with the opportunity to get active in a fun, positive, and safe environment!

Remember to always keep these 3 key lessons/values in mind:



## 1. TEAMWORK

- ▶ Cheering each other on
- ▶ Encouragement and social support
- ▶ Not a competition



## 2. HEALTH BENEFITS

- ▶ Exercise is important for good health
- ▶ Improves mood and health of heart, muscles, lungs, and bones



## 3. CONFIDENCE WITH PHYSICAL ACTIVITY

- ▶ All abilities are successful
- ▶ Running for time not distance
- ▶ Bringing what they learn home

Remember—the ultimate mission of Active SWV Kids Run Club is to help kids become more active. Through your efforts, Active SWV Kids Run Club are sure to achieve that mission. We thank you for taking on this challenge and for devoting your time to helping kids develop healthy living habits.

As a reminder, Active Southern West Virginia is here to support you throughout your coaching journey! Now let's getting running!

**GO ACTIVE SWV KIDS RUN CLUBS!**



# Ridgelea Hills Run Club

**CERTIFICATION OF ACHIEVEMENT**

Congratulations

---

on your phenomenal participation in  
your school's Run Program. Not everyone can  
Run with the Mustangs!





# SEASON GOALS & PLANNING WORKSHEET

Use this worksheet to plan for the upcoming Run Club season and to create team goals.

**Season Dates:**

Start Date:    /    /    Fun Run Date:    /    /    Rain Plan:    /    /

## PREVIOUS SEASON RECAP

**Brainstorm:** Consider the successes of your club from previous seasons and the obstacles or challenges you faced.

**Obstacles/Challenges:****Successes/Strengths:**

## SEASON GOAL SETTING

**Select 2-3 goals for this season. Examples:**

- Goal: Increase number of participants from previous season.
- Goal: Try one new exercise with the group each week (ex: push-up, squats).
- Goal: Have all coaches attend every practice.
- Goal: Have all students be able to lead safe stretches on their own.
- Goal: Have 30 parents or family members participate in the Fun Run.

**Goal 1:**

How we will get there:

**Goal 2:**

How we will get there:

**Goal 3:**

How we will get there:

**Creating a Team Goal**

Why should youth participants practice goal setting during Kids Run Clubs?

- Creates a supportive team atmosphere
- Witness their own improvement, create a sense of purpose and accomplishment
- Creates an opportunity for reflection and celebration
- Life-long skill

**Fun Run Distance:****Our Team Goal:**



## IMPORTANT!

Remember to **always** warm up for 5 minutes and cool down for 5 minutes

Take off 2 days every week for **rest** and if you ever need to stop running, walk!

# Running at Home

Run club is only \_\_\_\_\_ week, so if you want to feel great on race day, you should do some running at home!

There are two types of runs you can do at home: **speed runs** and **endurance runs**. You can pick which type of run you want to do, but it is best to try both, so that you can run FASTER and LONGER! Whether you decide to do a speed run or an endurance run, try to spend 10-15 minutes with your running buddy on days when you do not have run club!



### SPEED RUNS

Running fast and taking breaks

Run fast for 20 seconds and then walk for 1 minute. Repeat 3 times in a row and then take a BREAK! After a 5-minute break, repeat 3 more times!

- ▶ When you run fast, you should feel out of breath!
- ▶ Make sure you are always walking in between your fast runs!



### ENDURANCE RUNS

Running slow and steady

Run slowly for 10-15 minutes.

- ▶ Your running pace should feel nice and comfortable!
- ▶ You should be able to talk to your running buddy the whole time!



## ADDITIONAL QUESTIONS?

sbrookeholland@gmail.com, type in the subject line,  
RH Run Club

Please contact: \_\_\_\_\_

# TRAINING LOG

A training log can be helpful to track your progress! Use the 'minutes' column, the 'distance' column, or both to track your running or walking. Keep track of any cross training or additional exercises in the 'other exercises' column.

## Examples





# ACTIVE SWV RUN CLUB CHECKLIST

## PRE-SEASON

- Introductory meeting or call
- Recruit volunteer coach support
- Select club day and time
- Coaches training
- Send home flyers and waivers to students
- **Practice logistics.** Decide on dismissal policy, what to do with backpacks etc.

## SEASON START

- Make sure all participants have signed waiver by first practice
- Pre-program surveys (first day)
- Roster of participants to Emily
- Volunteer contact list to Emily
- Equipment requests (Active SWV mini grant)
- Club sponsors/funding

## MID SEASON

- **Mid-point check in visit from Active SWVO**
- Select Fun Run Date (the earlier, the better!)**  
Don't plan fun run during the last week of school (spring semester). Do plan a ran delay fun run date, if possible.
- **Invite family members to Fun Run event**
- **Plan Fun Run course**

## END OF SEASON

- Post program surveys (don't do at Fun Run or as take-home handout)
- Fun Run
- Feedback discussion for next season

## RESOURCES

- **RH Run Club Coaches (Facebook Group).** This is a space for coaches to share ideas, pictures, and get feedback from each other throughout the season.
- **Kids Run Club Google Drive.** Online resource for materials and handouts.
- **Manual.** When in doubt, check your Kids Run Club Manual for ideas, tips, and strategies to lead a successful club.

### Contact Information:

Name:

Office: 304-254-8488

Email:

Cell:



## A GUIDE FOR PARENTS

Welcome to Active SWV Kids Run Club program! We hope Kids Run Club is a great experience that helps your child develop lasting healthy habits and an enjoyment of physical activity. We encourage you to support your child throughout this experience. Ask them to show you what they have learned at practice. Have them teach you a warm-up or stretch. Or even better, join them for a walk or run at home! Your role as a supportive loved one is crucial to fostering a healthy future for your child.

### WHAT TO WEAR

Good sneakers are the best thing for Kids Run Club. If you need assistance obtaining proper running shoes for your child, please speak to the Kids Run Club Coach. In cold weather, hats and gloves are good to have, as well as a thick sweatshirt or jacket. In warm weather, light colored and loose-fitting clothes are best.

### EATING RIGHT

It is best for your child to eat something small before Kids Run Club. Avoid anything high in sugar and fat. Carbohydrates are what your body uses for fuel during a run or activity, so you want to make sure any snacks they have before their activity will have a good amount of carbs in it. Some examples of good pre-activity snacks are apples and peanut butter, whole wheat toast with peanut butter and bananas, fruit and cottage cheese, fruit and yogurt, and nuts. The most important thing is to make sure your child is properly fueled by giving them adequate amounts of carbohydrates and water.

### HYDRATION

Please bring a water bottle to each Kids Run Club practice. It is important to keep hydrated before, during, and after Kids Run Club. Dehydration can cause headaches and fatigue. Contrary to popular belief, sports drinks are best avoided in most situations. Water is the preferred drink for runners to drink before, during, and after their activity. Sports drinks should only be considered in small amounts when heat and prolonged activity are a risk.

### TRAINING RUNS AND CROSS TRAINING

Your child is encouraged to run or cross train during the week. Your Kids Run Club Coach can provide you with suggested distances to run each week. Some ways to cross train include walking, swimming, playing sports, or other exercises such as push-ups and jumping.

### RUNNING WITH YOUR CHILD

Getting out and getting active with your child is the best way you can encourage your child as they pursue physical fitness. This is something that you can do with your child and it doesn't cost you a thing! It is a great way to spend some time together with none of the distractions such as TV and cell phones. Moreover, by getting out and being active with your child you are serving as a role model for them.

Not a runner? Not to worry! The most important thing is that you are out there trying. You can walk while they run or you can do part of the workout with them while cheering for them when you need to take a rest. Better yet—have them help you by teaching you what they are learning at run club. Have them show you some stretches and exercises that they have learned. They will feel proud of themselves for being able to teach you something and you may just learn something along the way!

### ADDITIONAL QUESTIONS?

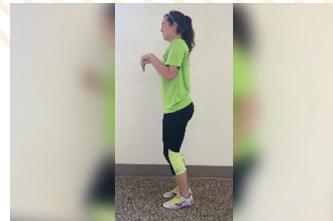
Please contact your Kids Run Club Coach or you can contact: [brookemich23@yahoo.com@gmail.com](mailto:brookemich23@yahoo.com@gmail.com)  
[or sbrookeholland@gmail.com](mailto:or sbrookeholland@gmail.com)

# Warm-Up: 1st - 3rd

Walk/run for 2 minutes then follow with moves from this dynamic warm-up:

## BUNNY HOPS

- ▶ Hop across the open space like a bunny rabbit
- ▶ Jump with both feet together and make sure to bend knees



## BEAR CRAWL

- ▶ Crawl with hands and feet on the ground and knees bent
- ▶ Try to crawl with big movements, stretching arms and legs



## SKIP

- ▶ Skip from leg to leg driving the opposite arm up to the sky
- ▶ Get many skips in a small space



### Training tip!

Tell your runners that it is not important how fast they go. Try to get lots of skips in and skip high, reaching for the stars!

## HOPSCOTCH

- ▶ Switch off jumping with both feet and then jumping with one foot
- ▶ Make sure you switch off with your left and right foot



## HIGH KICKS

- ▶ While walking, kick up your legs to hip height
- ▶ Reach for toes with the arm on the same side



### Training tip!

Tell your runners to walk like Frankenstein! Reach with the opposite arm to stretch the outside of the hip in addition to the hamstring.

## PROGRESSIVE SPRINT

- ▶ Start slow and gradually progress in speed until at full speed

# Warm-Up: 4th & Up

Walk/run for 2 minutes then follow with moves from this dynamic warm-up:

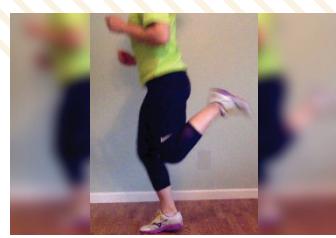
## HIGH KNEES

- ▶ Drive the knees up to hip height
- ▶ Make running motion with arms: opposite arm, opposite leg



## BUTT KICKS

- ▶ Opposite motion, bringing the heels to the buttocks
- ▶ Stretch quads while activating hamstrings



## SIDE SHUFFLE

- ▶ Bend knees and get low
- ▶ Do not let feet ever touch in the middle
- ▶ Make sure to shuffle back the other direction



## GRAPEVINE

- ▶ Switch off stepping in front and behind the supporting foot as you step sideways
- ▶ Make sure to grapevine back the other direction



## HIGH KICKS

- ▶ While walking, kick up your legs to hip height
- ▶ Reach for toes with the arm on the same side



### Training tip!

Tell your runners to walk like Frankenstein! Reach with the opposite arm to stretch the outside of the hip in addition to the hamstring.

## PROGRESSIVE SPRINT

- ▶ Start slow and slowly progress in speed until at full speed

# Training Program

Follow this weekly training guide on Run Club days. Always start with a warm up and end with a cool down. Regardless of the plan for the training session, runners are encouraged to walk if they need to, at any time.

## WEEK 1

### SESSION 1

- ▶ Run easy for 3 minutes > Walk for 1 minute
- ▶ Run easy for 2 minutes > Run hard for 30 seconds
- ▶ Take a break for 2 minutes
- ▶ REPEAT

#### TRAINING TIP!

When you're running easy, you should be able to have a conversation with the person next to you.

### SESSION 2

- ▶ Run hard for 2 minutes > Walk for 1 minute
- ▶ Run hard for 1 minute > Run easy for 2 minutes
- ▶ Take a break for 1 minute
- ▶ REPEAT
- ▶ Take a break for 1 minute
- ▶ REPEAT

## WEEK 2

### SESSION 1

- ▶ Run easy for 5 minutes > Walk for 2 minutes
- ▶ Run easy for 5 minutes > Walk for 2 minutes

#### TRAINING TIP!

During week 2, we are working on building our endurance. We're trying to run longer without taking walk breaks.

### SESSION 2

- ▶ Run easy for 4 minutes > Walk for 2 minutes
- ▶ Run easy for 5 minutes > Walk for 1 minute
- ▶ Run easy for 4 minutes



## WEEK 3

### SESSION 1

- ▶ Run hard for 1 minute > Run easy for 1 minute
- ▶ REPEAT 3 times
- ▶ Take a break for 2 minutes
- ▶ Run hard for 2 minutes > Run easy for 1 minute
- ▶ REPEAT 2 times

### SESSION 2

- ▶ Run easy for 5 minutes > Walk for 2 minutes
- ▶ Run hard for 3 minutes > Run easy for 2 minutes

### TRAINING TIP!

It is week 4 and we are about halfway through training! Instead of sitting on the couch in front of the TV, encourage runners to try some stationary exercises at home to strengthen their muscles.

## WEEK 4

### SESSION 1

- ▶ Run hard for 4 minutes > Run easy for 3 minutes
- ▶ Run hard for 3 minutes > Run easy for 2 minutes
- ▶ Run hard for 2 minutes > Run easy for 1 minute

### SESSION 2

- ▶ Run hard for 4 minutes > Walk for 1 minute
- ▶ Run hard for 5 minute > Run easy for 2 minutes

## WEEK 5

### SESSION 1

- ▶ Run hard for 3 minutes > Run easy for 2 minutes
- ▶ Run hard for 2 minutes > Run easy for 1 minute
- ▶ REPEAT

### SESSION 2

- ▶ Run hard for 6 minutes > Walk for 1 minute
- ▶ Run hard for 3 minutes > Run easy for 1 minute
- ▶ Run hard for 2 minutes

## WEEK 6

### SESSION 1

- ▶ Run hard for 5 minutes > Walk for 1 minute
- ▶ Run easy for 4 minutes > Run hard for 30 seconds
- ▶ Take a break for 2 minutes
- ▶ REPEAT

### SESSION 2

- ▶ Run hard for 2 minutes > Walk for 1 minute
- ▶ Run hard for 1 minute > Run easy for 2 minutes
- ▶ Take a break for 1 minute
- ▶ REPEAT
- ▶ Take a break for 1 minute
- ▶ REPEAT

## WEEK 7

### SESSION 1

- ▶ Run hard for 3 minutes > Walk for 1 minute
- ▶ REPEAT
- ▶ Run hard for 2 minutes

### SESSION 2

- ▶ Run hard for 3 minutes > Run easy for 2 minutes
- ▶ REPEAT
- ▶ Run hard for 1 minute

### TRAINING TIP!

The final week is about getting prepared for the race! Tell your runners that they've already done all of the hard work and they will do great! They need to focus on resting and staying loose.

## WEEK 8

### SESSION 1

- ▶ Run easy for 2 minutes
- ▶ Take a break for 1 minute
- ▶ REPEAT

### SESSION 2

- ▶ Fun and easy run games!

## FUN RUN!

# **Additional Training Workouts**

If you're looking for some different training workouts to mix-up the usual lap routine, choose from any of these additional training workouts:

## **FIGURE 8S**

If you have a field or blacktop, have the kids run in the shape of an 8 by sprinting in a diagonal line from one corner to the opposite corner then jogging the straight edge of the field or blacktop/field and repeating it. You can do this work out for a certain period of time or you may tell the runners that they must complete a certain number of figure 8s. (Variation: you can give some kids the option to walk the straight edge instead of jogging.)

## **INDIAN RUN**

Have the kids line up one behind the other. Although this workout can be done anywhere, it may be easiest to do around a field or a track. The runners must jog in a line, being sure to keep the gaps between runners to a minimum. The person who is last in line must sprint past the other runners to make it to the front of the line. Once they make it to the front, they return to a jogging speed and the next person who is last in line sprints to the front. This can continue for a certain period of time (ex- 10 minutes) or after they complete a certain number of laps (ex- 4 laps around the track). If your club is large, you may want to break the kids down by ability level, age, or gender.

## **PYRAMID RUN**

Lay out a path, which must be either a square or rectangle. Runners will first walk all 4 sides, then run one side and walk the other 3, then run 2 sides and walk 2, run 3 sides and walk 1, and finally run all 4 sides. Depending on time, take a couple minutes to get water and then you can have the group work their way back down the pyramid. Run all 4 sides, walk 1 side and run 3, walk 2 sides and run 2, walk 3 sides and run 1, walk all 4 sides.

## **PARTNER OUT AND BACK**

Get into pairs of 2. One partner runs out to a designated distance and back, while the other partner rests and cheers them on. The partners switch off running out and back for either a designated number of minutes or a designated number of times. For more rest, make groups of 3.

## GAME MENU

PG	GAME	PLAYERS	LOCATION	TIME	GRADE
17	Animal Tag	10-30 players	Indoors/Outdoors	10-25 minutes	1st-3rd
17	Back-to-Back Tag	12-30 players	Indoors/Outdoors	5-20 minutes	1st-8th
17	Bean Bag Relay Race	3-8 per team	Indoors/Outdoors	10-30 minutes	1st-8th
18	Captain's Coming	10-50 players	Indoors/Outdoors	10-30 minutes	5th-8th
18	Exercise Bingo	3-40 players	Indoors/Outdoors	10-30 minutes	1st-8th
19	Exercise Cards	10-40 players	Indoors/Outdoors	20-30 minutes	3rd-8th
19	Favorites	3-8 players	Indoors/Outdoors	10-20 minutes	3th-8th
19	Messy Cleany	5-50 players	Indoors/Outdoors	5-20 minutes	1st-8th
20	Musical Cones	5-50 Players	Indoors/Outdoors	10-30 minutes	3rd-8th
20	Over Under	5-10 players	Indoors/Outdoors	5-10 minutes	1st-5th
20	Relay Races	3-8 per team	Indoors/Outdoors	10-30 minutes	3rd-8th
20	Ring of Fire	5-50 Players	Indoors/Outdoors	5-20 minutes	3rd-8th
21	Rock-Paper-Scissors Springs	5-10 per team	Indoors/Outdoors	Varies ~15 minutes	4th-8th
21	Run-Back-Hit-It	10-50 Players	Indoors/Outdoors	5-15 minutes	3rd-8th
21	Scavenger Hunt	3-7 per team	Indoors/Outdoors	15-45 minutes	3rd-8th
21	Sharks and Minnows	10-40 players	Indoors/Outdoors	10-30 minutes	1st-8th
22	Slide Tag	12-30 players	Outdoors	10-25 minutes	4th-8th
22	Stuck in the Mud	10-20 players	Outdoors	5-20 minutes	1st-8th
22	Stuck in the Mud Partners	12-30 players	Indoors/Outdoors	5-20 minutes	1st-8th
22	Tiger Tails	5-25 players	Indoors/Outdoors	10-20 minutes	1st-3rd
23	Traffic Light	10-40 players	Indoors/Outdoor	10-20 minutes	1st-8th
23	Turtle Tag	10-20 players	Outdoors	5-20 minutes	1st-8th
23	What Time Is It Mr. Fox?	5-30 players	Indoors/Outdoors	10-20 minutes	1st-3rd
24	Would You Rather	5-50 players	Indoors/Outdoors	10-20 minutes	1st-8th