



Class Title: Blue / Orange Classroom to 5K

Teacher Name: Keri Martin

Class Day: Monday

Class Size: 25

Class Cost: \$32.50

Class Fee: \$96

Ages or color group served: Blue and Orange

What level is this class: Level 0

Prerequisites: NA

Graduation Requirements: NA

Homework Requirements: Students will need to complete 2 runs per week outside of class

Class Description:

Classroom to 5K is designed to help build endurance, confidence, and perseverance while training to complete a 5K race in November (date TBD). Each class includes warm ups and stretching, age-appropriate running workouts, and fun games and sports to keep students engaged and motivated. Students will be expected to complete two additional runs per week at home to safely prepare for race day. All ability levels are welcome- some students may run the entire 5K, while others may use a run/ walk approach. Success is measured by growth, effort, and crossing the finish line with confidence!

Week 1:

Goal Setting & Running Basics

Week 2:

Pacing & Listening to Your Body

Week 3:

Endurance Foundations

Week 4:

Strong Legs & Strides

Week 5:

Hills & Strength

Week 6:

Midpoint Distance Check

Week 7:

Breathing & Mental Focus

Week 8:

Teamwork & Accountability

Week 9:

Race Strategy

Week 10:

Building Confidence

Week 11:

Taper & Technique

Week 12:

Race Prep & Celebration