



*RUN BY* **PJR**

**YOUTH TRAINING GUIDES**

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Kids of STEEL training plans for P3R events are geared towards age-appropriate exercise and healthy eating habits to inspire kids to reach new goals. For more information, contact [kidsofSTEEL@p3r.org](mailto:kidsofSTEEL@p3r.org)

Before beginning any new exercise regimen, it is recommended to consult with your primary care physician.

**Stay update on Kids of STEEL events and training tips on  
Instagram, Twitter or Facebook at**

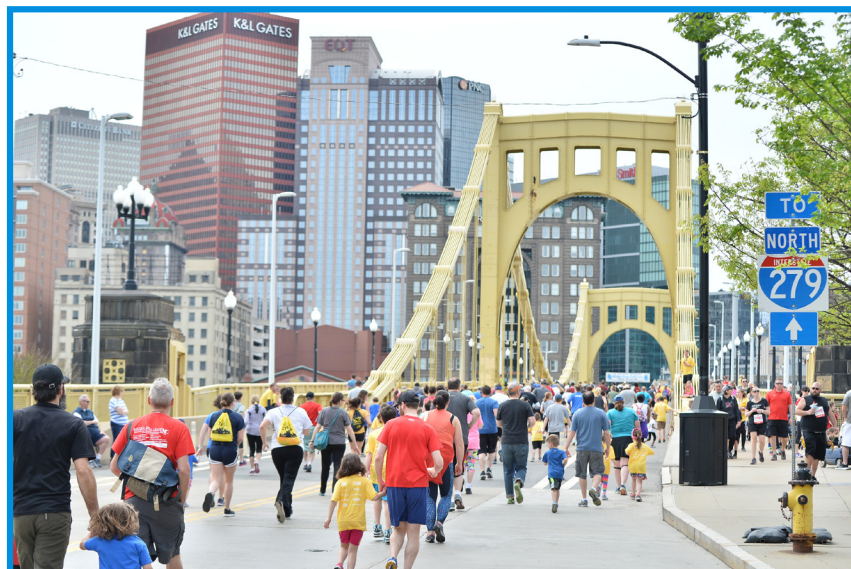
**kidsofSTEELpgh**



Kids of STEEL is P3R's training program that seeks to create a lifelong love of fitness in children by establishing a level of physical activity and athletic development, while engaging families and communities.

As part of this award-winning program, kids complete at least 25 training miles in preparation for a family-friendly P3R event. The program is unique – an official race provides a tangible goal for kids to work toward. The Kids of STEEL program is flexible enough to fit your needs and bring a structured fitness experience into a variety of environments. There are 30 session guides and a library of games included in the Kids of STEEL curriculum for coaches to use as desired.

What you do matters. Running helps kids find camaraderie in the community around them. Running helps kids manage stress and make healthier choices in their daily lives. Running is both a rewarding sport on its own as well as great cross training for other sports. Thank you for taking the lead in motivating kids and, in turn, their families to run in your community.



# Youth Running Tips

## Keep it Fun

Keep the spirits high by keeping a relaxed tone to running. At a young age, children fall in love with sports or activities because they find them to be fun. That being said, adults set the tone so keep things light for beginner youth runners.

## Pace

Most children know one pace and that is to sprint. It is important to teach your child how to properly pace a run as opposed to sprinting, stopping, and beginning to sprint again.

## Safety

Make sure your children are running safe distances and paces. Eager young runners want to turn everything into a race so you will have to reel your children back in some days when you're doing tempo or recovery runs.

## Stretch

Make sure your young ones stretch before and after their run/workout. Despite being young and full of energy, it's still important to set aside time to stretch. See the section titled "Stretches – Dynamic and Static" for more information.

## Hydration

Help your children develop healthy habits by making sure they are staying hydrated.

## Nutrition

What children eat will fuel them. Running and physical activity provides opportunities to talk to children about healthy food choices so that they are fueled for running and playing.

## Lead by Example

Demonstrate enthusiasm as you run and workout with kids. Running and working out isn't a punishment. Avoid negative self-talk.

## Equipment

Make sure children are wearing the proper shoes and equipment. This includes shoes that fit and that are not worn down. The average life of a shoe is about 500 miles before the soles become worn and they become uncomfortable.

# KIDS OF STEEL MILEAGE LOG



**Make a plan to move every day!**

To get ready for race day, walk and/or run three to four days a week. Use the mileage log below to record the time/distance you spent running, walking, or being active some other way.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
week 1							
week 2							
week 3							
week 4							
week 5							
week 6							
week 7							
week 8							

Be sure to turn your completed log in to your coach or on race day for your Kids of STEEL finisher prize! Show off your log! Tag us on social media. Follow us for training tips and race updates.



@kidsofsteelppgh

# KIDS OF STEEL - CURRICULUM SESSIONS 1 - 6







# Kids of STEEL – Session 1

## Running Component Emphasis: Pace

### Warm Up

**3-4 minutes of jogging or a warm up exercise- options include:**

- 4 laps around gym/basketball court
- 400 meter jog (1 lap around track)
- 1 lap around football field
- Jump rope
- Hula Hoop

### Dynamic Warm Up

**Select 4 dynamic warm up drills from the stretching glossary**

### Calisthenics

**20 seconds- Maximum effort air squat, rest 20 seconds X3**

**20 seconds- Maximum effort sit ups, rest 20 seconds X3**

### Water break

### Last Runner Out

The objective is to be the first to finish each lap that is ran. As the game begins, the person who finishes last on each lap turns around and runs the opposite way. For example, for lap one, the runner who finishes fourth turns and runs clockwise. It then becomes a race with the three runners who were running the original counter-clockwise direction. The runner who then finishes third would turn and run clockwise and so on until there is only one runner running the original, counter-clockwise direction.

### Cool Down- Static Stretching

**Select 4 static stretching drills from the stretching glossary**



# Kids of STEEL – Session 2

## Running Component Emphasis: Speed

### Warm Up

**3-4 minutes of jogging or a warm up exercise- options include:**

- 4 laps around gym/basketball court
- 400 meter jog (1 lap around track)
- 1 lap around football field
- Jump rope
- Hula Hoop

### Dynamic Warm Up

**Select 4 dynamic stretching drills from the stretching glossary**

### Sharks & Minnows

Before you start the game, go over safe tagging which is a light tag as opposed to a hard contact that could cause someone to fall to the floor. The objective of the game is to run from one end of the field to the other without being tagged by a shark. If playing in a space where a baseline is not evident, establish a baseline by using cones. To begin gameplay, identify one person who will be the shark. Everyone else will be minnows. The shark will stand in the middle of the playing field and will yell “GO”. At this point, the minnows will begin running to the other end of the playing field attempting to make it from one baseline to the other without being tagged by the shark. If a minnow is tagged by a shark before safely reaching the other baseline, they become a shark. The game is played until there is one or two minnows left.

### Water Break

### Red Light Green Light

**Each time a student takes more than two steps to come to a complete stop, they must complete a prescribed calisthenics movement (air squat, push up, sit up, etc.)**

### 400 Meter Time Trial

**Make sure to record the times of the students. This will be retested in the coming weeks.**

### Static Stretching

**Select 4 static stretches from the stretching glossary**



# Kids of STEEL – Session 3

## Running Component Emphasis: Agility

### Welcome

#### Overview of day

### Warm Up

#### 3-4 minutes of jogging or a warm up exercise- options include:

- 4 laps around the gym/basketball court
- 400 meter jog (1 lap around track)
- 1 lap around football field
- Jump rope
- Hula hoop

### Dynamic Warm Up

#### Select 4 dynamic stretching drills from the stretching glossary

### Capture the Flag

The objective of the game is to take the opposing teams flag and return it across the center line without being tagged. If a player is tagged while on the opponent's side of the field, they must go to the holding zone on the opponent's side of the field. For complete details on this game, please go to page 74.

### Water Break

### Fitness Test

- Each runner finds a running partner. Each partner takes turns counting how many: push-ups, sit-ups, jumping jacks, and jump ropes they can do in 30 seconds. Coach calls out "Start" and "Stop" time.
- If students cannot complete push-ups, scale to modified push-ups.

### Static Stretching

#### Select 4 static stretches from the stretching glossary



# Kids of STEEL – Session 4

## Running Component Emphasis: Endurance

### Welcome

#### Overview of day

### Warm Up

#### 3-4 minutes of jogging or warm up exercise- options include:

- 4 laps around gym/basketball court
- 400 meter jog (1 lap around track)
- 1 lap around football field
- Jump rope
- Hula hoop

### Dynamic Warm Up

#### Select 4 dynamic stretching drills from the stretching glossary

### Hideout

Pick one participant who will start the game as a thrower. Everyone else will be positioned throughout the perimeter of the court. The objective of the game is to run around the perimeter of the circle as the thrower attempts to throw foam balls at the runners. The runners can use the mats as cover by stopping behind them as they run around the perimeter of the circle but the runner can only hide behind the mat for 10 seconds, maximum.

### Water Break

### Speed & Endurance Training

- Utilizing the Fartlek training principle, complete the following sequence:
  - > 1 minute run, 30 second walk
  - > 2 minute run, 1 minute walk
  - > 3 minute run, 1:30 walk
  - > 3 minute run, 1:30 walk
  - > 2 minute run, 1 minute walk
  - > 1 minute run, 30 second walk

### Water Break

### Static Stretches

#### Select 4 static stretches from the stretching glossary



# Kids of STEEL Session 5

## Running Component Emphasis: Strength

### Welcome

#### Overview of day

### Warm Up

#### 3-4 minutes of jogging or warm up exercise- options include:

- 4 laps around gym/basketball court
- 400 meter jog (1 lap around track)
- 1 lap around football field
- Jump rope
- Hula hoop

### Dynamic Warm Up

#### Select 4 dynamic stretching drills from the stretching glossary

### UNO/Card Fitness

Participant will draw a card from the deck of UNO or playing cards. There will be a corresponding exercise related to the suit/color of the playing card or UNO card. See page 81 for complete details.

### Water Break

### Centipede Run

“Follow the leader” group run, jog, or walk 4 total laps. The leaders need to make sure they don’t get too far from the middle of the pack as the middle needs to stay intact with the back of the pack.

### Static Stretching

#### Select 4 static stretches from the stretching glossary



# Kids of STEEL Session 6

## Running Component Emphasis: Proper Running Form

### Welcome

#### Overview of day

### Warm Up

#### 3-4 minutes of jogging or warm up exercises- options include:

- 4 laps around gym/basketball court
- 400 meter jog (1 lap around track)
- 1 lap around football field
- Jump rope
- Hula hoop

### Dynamic Warm Up

#### Select 4 dynamic stretching drills from the stretching glossary

### Toe Tag

To play the game, participants tag one another by stepping lightly on one another toes. No stomping on toes. Once a player is tagged, they must go out of bounds and perform a prescribed calisthenics movement (i.e. push up, sit up, body squat, plank, lunge, jump squat, wall sit, mountain climbers, etc.) before returning to the game. For complete game details please see page 75.

### Water Break

### 1-2-3-4 Run the Field

The objective of this drill is to have the runners progressively sprint longer distances the further they get into this drill. It begins with the runners jogging three sides of the loop and sprinting one side. The drill progresses with jogging two sides and sprinting two, jogging one side and sprinting three, and sprinting all four sides. Pay particular attention to the running form of the students as it will begin to deteriorate as students get tired. For complete game details please see page 89.

### Water Break

### Fundamentals of Fitness

- As many repetitions of push-ups and sit-ups in a 30 second window for each movement
- If students cannot complete push-ups, scale to modified push-ups.

### Static Stretching

#### Select 4 static stretches from the stretching glossary

# KIDS OF STEEL - CURRICULUM SESSIONS 7 - 12







# Kids of STEEL – Session 7

## Running Component Emphasis: Technical Work

### Welcome

#### Overview of day

### Warm Up

#### 3-4 minutes of jogging or warm up exercise- options include:

- 4 laps around the gym/basketball court
- 400 meter jog (1 lap around track)
- 1 lap around football field
- Jump rope
- Hula hoop

### Dynamic Warm Up

#### Select 4 dynamic stretching drills from the stretching glossary

### Perfect Running Form

#### Proper Arm Swing

- Perfect form is where your arms are swinging at a “V” then “L” position. Your elbows are tucked in and your wrists are passing near your hip.

#### Proper Posture & Foot Strike

- Keep knees high while raising the opposite arm with each foot landing directly under the body’s center of gravity
- Run Tall with your head held high, focusing straight ahead, with your torso tall

### Water break

### Half Mile Time Trial

Measure a ½ mile loop on a soccer field, in your gymnasium, or have runners complete 2 laps around a 400 meter track. Make sure to record the times of each student.

### Calisthenics

#### Complete the following sequence 4 times

- 8 push ups
- 8 squat jumps

**If students cannot complete push-ups, scale to modified push-ups.**

### Static Stretching

#### Select 4 static stretches from the stretching glossary



# Kids of STEEL Session 8

## Running Component Emphasis: Speed

### Welcome

#### Overview of day

### Warm Up

#### 3-4 minutes of jogging or a warm up exercise- options include:

- 4 laps around the gym/basketball court
- 400 meter jog (1 lap around track)
- 1 lap around football field
- Jump rope
- Hula hoop

### Dynamic Warm Up

#### Select 4 dynamic stretching drills from the stretching glossary

### Rabbit & Hounds

One of the partners will be the rabbit and the other will be the hound. The hound will chase the rabbit. To play the game have both of the player's line up on the baseline of the court or playing area. Give the rabbits a slight head start and then have the hounds attempt to catch the rabbits before they reach the finish line.

### Water Break

### 1-2-3-4 Run the Field

The objective of this drill is to have the runners progressively sprint longer distances the further they get into this drill. It begins with the runners jogging three sides of the loop and sprinting one side. The drill progresses with jogging two sides and sprinting two, jogging one side and sprinting three, and sprinting all four sides. Pay particular attention to the running form of the students as it will begin to deteriorate as students get tired. For complete game details please see page 89.

### Water Break

### Ultimate Freeze Tag Game

Pick 4-5 "All time taggers". Make it known that they are a tagger by giving them athletic pennies. When someone gets tagged, they must freeze until tagged by someone who is not a tagger. The last one to not get tagged wins the game.

### Static Stretching

#### Select 4 static stretches from the stretching glossary



# Kids of STEEL Session 9

## Running Component Emphasis: Endurance

### Welcome

#### Overview of day

### Warm Up

#### 3-4 minutes of jogging or warm up exercises- options include:

- 4 laps around the gym/basketball court
- 400 meter jog (1 lap around track)
- 1 lap around football field
- Jump rope
- Hula hoop

### Dynamic Warm Up

#### Select 4 dynamic stretching drills from the stretching glossary

### Leader Run- ½ mile (3-5 minute rest/water break) X2

The coach will have the students get into groups of 3-5 (depending on class size) and stand in straight lines. While running around the gym, field or track, the coach will designate certain points when the runner at the end of the group's line will run to the front of the line and take the lead until reaching the next point. Then the new last runner in line runs up front to lead the group.

### Water break

### Fitness Test- Retest from week one, day three.

- Each runner finds a running partner. Each partner takes turns counting how many: push-ups, sit-ups, jumping jacks, and jump ropes they can do in 30 seconds. Coach calls out "Start" and "Stop" time.
- If students cannot complete push-ups, scale to modified push-ups.

### Static Stretching

#### Select 4 stretches from the stretching glossary



# Kids of STEEL Session 10

## Running Component Emphasis: Strength

### Welcome

#### Overview of day

### Warm Up

#### 3-4 minutes of jogging or a warm up exercise- options include:

- 4 laps around the gym/basketball court
- 400 meter jog (1 lap around track)
- 1 lap around football field
- Jump rope
- Hula hoop

### Dynamic Warm Up

#### Select 4 dynamic stretching drills from the stretching glossary

### 400 Meter time trial with repeatability test

Measure a ¼ mile (400 meter) loop on a soccer field, in a gymnasium or have runners run 1 lap of a 400 meter track. This attempt should be a full effort with an attempt to run this as quickly as possible. Rest 5 minutes (have the students get water) then have the students attempt to repeat their performance and time.

### Water Break

### Calisthenics

#### Complete the following complex 4 times

- 25 Jumping Jacks
- 10 Second Plank

### Water Break

### Blob Tag

The game begins with two participants being identified as “it”. They become “The Blob” by linking arms and start the game by tagging others. “The Blob” moves together and must keep their arms linked together as they try to tag others. The objective of the game is to avoid being tagged for as long as possible. When someone is tagged, they join “The Blob” by linking arms with the tagger. If/when a fourth player is tagged, “The Blob” then separates into two “Blobs”. For complete game details, please go to page 76.

### Static Stretch

#### Select 4 static stretches from the stretching glossary



# Kids of STEEL Session 11

## Running Component Emphasis: Endurance

### Welcome

#### Overview of day

### Warm Up

#### 3-4 minutes of jogging or a warm up exercise- options include:

- 4 laps around the gym/basketball court
- 400 meter jog (1 lap around track)
- 1 lap around football field
- Jump rope
- Hula hoop

### Dynamic Warm Up

#### Select 4 dynamic stretching drills from the stretching glossary

### Endurance Run

#### 12 minutes of continuous running

### Water Break

### Ultimate Frisbee

If your students cannot successfully throw a Frisbee, modify this game by playing with a foam ball as opposed to a Frisbee to allow the game flow to go smoothly. Doing so would reduce the number of changes in possession after each throw due to more successful/complete passes. See page 84 for complete game details.

### Water Break

### Static Stretching

#### Select 4 stretches from the stretching glossary



# Kids of STEEL Session 12

## Running Component Emphasis: Speed

### Welcome

#### Overview of day

### Warm Up

#### 3-4 minutes of jogging or a warm up exercise- options include:

- 4 laps around the gym/basketball court
- 400 meter jog (1 lap around track)
- 1 lap around football field
- Jump rope
- Hula hoop

### Dynamic Warm Up

#### Select 4 dynamic stretching drills from the stretching glossary

### Line Tag

The objective of the game is to avoid being tagged by the player who is “It” by only moving throughout the playing field by running on a marked line on the court.

### Water Break

### Speed Workout

- 1 x ¼ mile (400 m) time trial
- 4 x 50 meter sprints
- 1 x ¼ mile (400 m) time trial

### Static Stretching

#### Select 4 static stretches from the stretching glossary

**KIDS OF STEEL - CURRICULUM**  
**SESSIONS 13 - 18**







# Kids of STEEL Session 13

## Running Component Emphasis: Form & Technique

### Welcome

#### Overview of the day

### Warm Up

#### 3-4 minutes of jogging or warm up exercise- options include:

- 4 laps around the gym/basketball court
- 400 meter jog (1 lap around track)
- 1 lap around football field
- Jump rope
- Hula hoop

### Dynamic Warm Up

#### Select 4 dynamic stretching drills from the stretching glossary

### Obstacle Course

Create an obstacle course in the space that you have. Utilize various drills that focus on running technique and endurance such as zig-zag cones, speed ladder, hula tires, 3 cone drill, or jump rope. While speed of completion for these drills is great, the most important outcome is proper form and technique shown by the students.

### Water Break

### 12 minute Distance Classic

The run will be conducted in intervals of 3 minutes. The runner will continually run, jog, or walk for 12 total minutes. The intervals will go as follows:

- Interval 1 – run
- Interval 2 – jog
- Interval 3 – run
- Interval 4 – jog

### Static Stretching

#### Select 4 static stretches from the stretching glossary



# Kids of STEEL Session 14

## Running Component Emphasis: Strength

### Welcome

#### Overview of the day

### Warm Up

#### 3-4 minutes of jogging or a warm up exercise- options include:

- 4 laps around the gym/basketball court
- 400 meter jog (1 lap around track)
- 1 lap around football field
- Jump rope
- Hula hoop

### Dynamic Warm Up

#### Select 4 dynamic stretching drills from the stretching glossary

### Calisthenics

#### Complete as many rounds of the following sequence in 10 minutes as possible:

- 25 jump ropes
- 12 Air squats
- 10 Sit ups

### Water Break

### Speed Workout

#### 50 meter sprints x 10

### Water Break

### Static Stretching

#### Select 4 static stretches from the stretching glossary



# Kids of STEEL Session 15

## Running Component Emphasis: Endurance

### Welcome

#### Overview of the day

### Warm Up

#### 3-4 minutes of jogging or a warm up exercise- options include:

- 4 laps around the gym/basketball court
- 400 meter jog (1 lap around track)
- 1 lap around football field
- Jump rope
- Hula hoop

### Dynamic Warm Up

#### Select 4 dynamic stretching drills from the stretching glossary

### 1-mile Time Trial

Have students attempt to run a mile as fast as they can. Make sure to record their times because this will be retested to track their progress.

### Water Break

### Handball

Similar to ultimate Frisbee except players can take up to three steps when they possess the ball and players are shooting at a goal. For complete game details please see page 85. This game can also be adapted to shoot at a basket (i.e. handball basketball)

### Static Stretching

#### Select 4 static stretches from the stretching glossary



# Kids of STEEL Session 16

## Running Component Emphasis: Running Form

### Welcome

#### Overview of the day

### Warm Up

#### 3-4 minutes of jogging or a warm up exercise- options include:

- 4 laps around the gym/basketball court
- 400 meter jog (1 lap around track)
- 1 lap around football field
- Jump rope
- Hula hoop

### Dynamic Warm Up

#### Select 4 dynamic stretching drills from the stretching glossary

### Running Form Drills

#### Fast Skips

The runner will skip as fast as they can for 25 meters and they turn and go back where they started. The exercise is triggering their Achilles tendon. It is a fun exercise and has many benefits as it also triggers fast twitch muscles.

#### Drill Major Jog

The runner will jog 25 meters down the field and back with their legs straight, but knees not locked like a drill major does. Their legs should be straight and driving in a forward motion.

#### Proper Arm Swing

Perfect form is where your arms are swinging at a “V” then “L” position. Your elbows are tucked in and your wrists are passing near your hip.

### Last Runner Out

The objective is to be the first to finish each lap that is ran. As the game begins, the person who finishes last on each lap turns around and runs the opposite way. For complete game details, please see page 88.

### Water Break

### Fitness Test

- Each student will find a partner with each partner taking turns counting how many push-ups, sit-ups, and jumping jacks each can do in 60 seconds. The coach will call the start and stop times.
- If students cannot complete push-ups, scale to modified push-ups.

### Static Stretching

#### Select 4 static stretches from the stretching glossary



# Kids of STEEL Session 17

## Running Component Emphasis: Agility

### Welcome

#### Overview of the day

### Warm Up

#### 3-4 minutes of jogging or a warm up exercise- options include:

- 4 laps around the gym/basketball court
- 400 meter jog (1 lap around track)
- 1 lap around the football field
- Jump rope
- Hula hoop

### Dynamic Warm Up

#### Select 4 dynamic stretching drills from the stretching glossary

### Hideout

The objective of the game is to run around the perimeter of the circle as the thrower attempts to throw foam balls at the runners. The runners can use the mats as cover by stopping behind them as they run around the perimeter of the circle but the runner can only hide behind the mat for 10 seconds, maximum.

### Water Break

### Flip the Cones

The objective of the game is to flip as many cones as possible for your team at the conclusion of the time period. Prior to beginning the game, split the group into two teams. One group will be flipping the cones upside down and the other will be setting the cones right-side up. For complete game details, please see page 90.

### Static Stretching

#### Select 4 static stretches from the stretching glossary



# Kids of STEEL Session 18

## Running Component Emphasis: Endurance

### Welcome

#### Overview of the day

### Warm Up

#### 3-4 minutes of jogging or a warm up exercise- options include:

- 4 laps around the gym/basketball court
- 400 meter jog (1 lap around track)
- 1 lap around football field
- Jump rope
- Hula hoop

### Dynamic Warm Up

#### Select 4 dynamic stretching drills from the stretching glossary

### Half Mile Time Trial

- Measure a ½ mile loop on a soccer field, in your gymnasium, or have runners complete 2 laps around a 400 meter track. Make sure to record the times of each student. This is a retest from week 3, day 1. Record the times of the runners to track progress.
- At the conclusion of the ½ time trial, have the runners get water and then have them run 400 meters once all are ready.

### Water Break

### Float

The objective of the game is to keep a foam ball or balloon in the air by hitting with any body part. If the ball hits the ground, the participant must complete the prescribed calisthenics exercise before resuming the activity.

### Calisthenics

#### Complete the following sequence:

- 25 Push ups
- 35 Sit ups

**If students cannot complete push-ups, scale to modified push-ups.**

### Static Stretching

#### Select 4 static stretches from the stretching glossary

**KIDS OF STEEL - CURRICULUM  
SESSIONS 19 - 24**







# Kids of STEEL Session 19

## Running Component Emphasis: Endurance

### Welcome

#### Overview of the day

### Warm Up

#### 3-4 minutes of jogging or a warm up exercise- options include:

- 4 laps around the gym/basketball court
- 400 meter jog (1 lap around track)
- 1 lap around football field
- Jump rope
- Hula hoop

### Dynamic Warm Up

#### Select 4 dynamic stretching drills from the stretching glossary

### Perfect Running Form

#### Proper Arm Swing

- Perfect form is where your arms are swinging at a “V” then “L” position. Your elbows are tucked in and your wrists are passing near your hip.

#### Proper Posture & Foot Strike

- Keep knees high while raising the opposite arm with each foot landing directly under the body’s center of gravity
- Run Tall with your head held high, focusing straight ahead, with your torso tall

### 1 Mile Time Trial

**Make sure to record the times of each runner. This will be retested.**

### Water Break

### UNO/Card Fitness

The flow will go as follows: a participant will draw a card from the deck of UNO or playing cards. There will be a corresponding exercise related to the suit/color of the playing card or UNO card. The participant will complete the exercise with the number of repetitions being the cards face amount. For complete game details, see page 81.

### Static Stretching

#### Select 4 static stretches from the stretching glossary



# Kids of STEEL Session 20

## Running Component Emphasis: Speed

### Welcome

#### Overview of the day

### Warm Up

#### 3-4 minutes of jogging or a warm up exercise- options include:

- 4 laps around the gym/basketball court
- 400 meter jog (1 lap around track)
- 1 lap around football field
- Jump rope
- Hula hoop

### Dynamic Warm Up

#### Select 4 dynamic stretching drills from the stretching glossary

### Speed Workout

#### Complete the following workout:

- (2x) 200 Meter Run
- 400 Meter Run
- (2x) 200 Meter Run
- 400 Meter Run
- (2x) 200 Meter Run

#### Rest 2 minutes between each interval

### Water Break

### 10 Minute Pittsburgher Run

The coach will have the students get into groups of 3-5 (depending on group size) and stand in straight lines. While running around the gym, field or track, the coach will designate certain points when the runner at the end of the group's line will run to the front of the line and take the lead until reaching the next point. Then the new last runner in line runs up front to lead the group.

### Static Stretching

#### Select 4 stretches from the stretching glossary



# Kids of STEEL Session 21

## Running Component Emphasis: Endurance

### Welcome

#### Overview of the day

### Warm Up

#### 3-4 minutes of jogging or a warm up exercise- options include:

- 4 laps around the gym/basketball court
- 400 meter jog (1 lap around the track)
- 1 lap around the football field
- Jump rope
- Hula hoop

### Dynamic Warm Up

#### Select 4 dynamic stretching drills from the stretching glossary

### 16 minute distance classic

The run will be conducted in intervals of 4 minutes. The runner will continually run, jog, or walk for 16 total minutes. The first 4 minutes is running, the second 4 minutes is walking, the third 4 minutes is jogging and the last 4 minutes is running.

### Water Break

### Cats Corner

To start gameplay, the player in the middle who was designated as “It” will yell “GO” and all players will try to run from their corner to another while trying to avoid being tagged. If a player is tagged, they will also become a tagger.

### Water Break

### Fitness Test

- Each student will find a partner with each partner taking turns counting how many push-ups, sit-ups, and jumping jacks each can do in 60 seconds. The coach will call the start and stop times.
- If students cannot complete push-ups, scale to modified push-ups.

### Static Stretching



# Kids of STEEL Session 22

## Running Component Emphasis: Running Form

### Welcome

#### Overview of the day

### Warm Up

#### 3-4 minutes of jogging or a warm up exercise- options include:

- 4 laps around the gym/basketball court
- 400 meter jog (1 lap around the track)
- 1 lap around the football field
- Jump rope
- Hula hoop

### Dynamic Warm Up

#### Select 4 dynamic stretching drills from the stretching glossary

### Form Drills

#### Proper Arm Swing

Perfect form is where your arms are swinging at a “V” then “L” position. Your elbows are tucked in and your wrists are passing near your hip.

#### Fast Skips

The runner will skip as fast as they can for 25 meters and they turn and go back where they started. The exercise is triggering their Achilles tendon. It is a fun exercise and has many benefits as it also triggers fast twitch muscles.

#### Karaoke

Athletes start by crossing one leg in front of the other, lift the knee up and over to get a better stretch of the outer hip muscles. Stay on the balls of the feet throughout the exercise while maintaining upright posture. Stretch the arms out roughly parallel to the ground and hold them still or swing them in a controlled, fluid, side-to-side motion in opposition to the movement of the legs.

### Continuous Relay

The objective is to have all runners return to their starting position as quickly as possible without dropping the baton. Have the runners complete at least 800 meters of running. Make sure to provide feedback on running technique and form.



## **Water Break**

### **Obstacle Course**

Create an obstacle course in the space that you have. Utilize various drills that focus on running technique and endurance such as zig-zag cones, speed ladder, hula tires, 3 cone drill, or jump rope. While speed of completion for these drills is great, the most important outcome is proper form and technique shown by the students.

### **½ Mile (800 Meter) Time Trial**

- Measure a ½ mile loop on a soccer field, in your gymnasium, or have runners complete 2 laps around the track. Make sure to record the times of each student.
- This is the final retest for the 800 meter time trial. The previous test was week 6, day 3.

### **Static Stretching**

**Select 4 static stretches from the stretching glossary**



# Kids of STEEL Session 23

## Running Component Emphasis: Speed

### Welcome

#### Overview of the day

### Warm Up

#### 3-4 minutes of jogging or a warm up exercise- options include:

- 4 laps around the gym/basketball court
- 400 meter jog (1 lap around the track)
- 1 lap around the football field
- Jump rope
- Hula hoop

### Dynamic Warm Up

#### Select 4 dynamic stretching drills from the stretching glossary

### Rabbit & Hounds

One of the partners will be the rabbit and the other will be the hound. The hound will chase the rabbit. To play the game have both of the player's line up on the baseline of the court or playing area. Give the rabbits a slight head start and then have the hounds attempt to catch the rabbits before they reach the finish line.

### Water Break

### Speed Workout

#### Complete the following sequence 8 times

- Run 200 Meters as fast possible
- Walk 200 Meters

### Water Break

### Fitness Test

Have the students see how many sit ups they can do in 45 seconds. Do this test again after resting for 1 minute.

### Static Stretching

#### Select 4 static stretches from the stretching glossary



# Kids of STEEL Session 24

## Running Component Emphasis: Endurance

### Welcome

#### Overview of the day

### Warm Up

#### 3-4 minutes of jogging or a warm up exercise- options include:

- 4 laps around the gym/basketball court
- 400 meter jog (1 lap around the track)
- 1 lap around the football field
- Jump rope
- Hula hoop

### Dynamic Warm Up

#### Select 4 dynamic stretching drills from the stretching glossary

#### 8 Minute Run (x2)

Make sure to remind the students to pace this run. Run for 8 consecutive minutes, rest for 3 minutes, have the students get water if needed and run for 8 more consecutive minutes.

### Water Break

### Calisthenics

#### Complete the following sequence 4 times:

- 10 Air Squats
- 6 Push Ups
- 10 Lunges
- 10 Calf Raises

**If students cannot complete push-ups, scale to modified push-ups.**

### Water Break

### Static Stretches

Select 4 static stretches from the stretching glossary





**KIDS OF STEEL - CURRICULUM  
SESSIONS 25 - 30**





# Kids of STEEL Session 25

## Running Component Emphasis: Speed

### Welcome

#### Overview of the day

### Warm Up

#### 3-4 minutes of jogging or a warm up exercise- options include:

- 4 laps around the gym/basketball court
- 400 meter jog (1 lap around the track)
- 1 lap around the football field
- Jump rope
- Hula hoop

### Dynamic Warm Up

#### Select 4 dynamic stretching drills from the stretching glossary

### 1-2-3-4 Run the Field

The objective of this drill is to have the runners progressively sprint longer distances the further they get into this drill. It begins with the runners jogging three sides of the loop and sprinting one side. The drill progresses with jogging two sides and sprinting two, jogging one side and sprinting three, and sprinting all four sides. Pay particular attention to the running form of the students as it will begin to deteriorate as students get tired. For complete game details please see page 89.

### Water Break

### Sharks & Minnows

Before you start the game, go over safe tagging which is a light tag as opposed to a hard contact that could cause someone to fall to the floor. The objective of the game is to run from one end of the field to the other without being tagged by a shark. If playing in a space where a baseline is not evident, establish a baseline by using cones. To begin gameplay, identify one person who will be the shark. Everyone else will be minnows. The shark will stand in the middle of the playing field and will yell "GO". At this point, the minnows will begin running to the other end of the playing field attempting to make it from one baseline to the other without being tagged by the shark. If a minnow is tagged by a shark before safely reaching the other baseline, they become a shark. The game is played until there is one or two minnows left.

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## **Speed Workout**

**Complete the following sequence at the prescribed pace**

- 2x 50 meter run – fast pace
- 3x 50 meter run – faster pace
- 4x 50 meter sprint – fastest pace
- 3x 50 meter run – faster pace
- 2x 50 meter run – fast pace

## **Water Break**

## **Static Stretching**

**Select 4 static stretches from the stretching glossary**



# Kids of STEEL Session 26

## Running Component Emphasis: Strength

### Welcome

#### Overview of the day

### Warm Up

#### 3-4 minutes of jogging or a warm up exercise- options include:

- 4 laps around the gym/basketball court
- 400 meter jog (1 lap around the track)
- 1 lap around the football field
- Jump rope
- Hula hoop

### Dynamic Warm Up

#### Select 4 dynamic stretching drills from the stretching glossary

### 1 Mile Time Trial

This is a retest from week 7, day 1. Make sure to record the times and track the progress of the runners

### Water Break

### Fitness Dice Workout

Create fitness dice or construct a guide using standard dice that has a corresponding calisthenic movement linked to each number rolled.

### Static Stretching

#### Select 4 static stretches from the stretching glossary

### Provide reminder of upcoming race weekend



# Kids of STEEL Session 27

## Running Component Emphasis: Endurance

### Welcome

#### Overview of the day

### Warm Up

#### 3-4 minutes of jogging or a warm up exercise- options include:

- 4 laps around the gym/basketball court
- 400 meter jog (1 lap around the track)
- 1 lap around the football field
- Jump rope
- Hula hoop

### Dynamic Warm Up

#### Select 4 dynamic stretching drills from the stretching glossary

### Buddy Relay

- Each student picks a partner. Measure a parameter if you are in a space that does not have a clearly marked loop. Each leg of the relay should be at least 200 meters (may require more than one lap from each member of the relay team).
- Each student will run 4 times (an accumulation of at least 800 meters for each runner)

### Water Break

### Centipede Run

“Follow the leader” group run, jog, or walk to 4 total laps. The leaders need to make sure they don’t get too far from the middle of the pack as the middle needs to stay intact with the back of the pack.

### Fitness Test

- Complete 25 push-ups

Student can take as many sets needed to complete the prescribed 25 push-ups. If students cannot complete push-ups, scale to modified push-ups.

### Static Stretches

#### Select 4 static stretches from the stretching glossary

### Overview of race weekend



# Kids of STEEL Session 28

## Running Component Emphasis: Form

### Welcome

#### Overview of the day

### Warm Up

#### 3-4 minutes of jogging or a warm up exercise- options include:

- 4 laps around the gym/basketball court
- 400 meter jog (1 lap around the track)
- 1 lap around the football field
- Jump rope
- Hula hoop

### Dynamic Warm Up

#### Select 4 dynamic stretching drills from the stretching glossary

### Running Form Drills

#### Foot Fire

- Imagine you are standing on a hot stove and to avoid burning your feet, you must lift and lower your feet as quickly as possible.
- Coaches control the temperature of the stove and the turnover rate of the students by calling out “hotter” or “colder”
- When you call “foot fire!” the runners should be moving as quickly as possible.

#### Proper Arm Swing

Perfect form is where your arms are swinging at a “V” then “L” position. Your elbows are tucked in and your wrists are passing near your hip.

#### Proper Posture & Foot Strike

- Keep knees high while raising the opposite arm with each foot landing directly under the body’s center of gravity
- Run Tall with your head held high, focusing straight ahead, with your torso tall

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## **Toe Tag**

To play the game, participants tag one another by stepping lightly on one another's toes. No stomping on toes. Once a player is tagged, they must go out of bounds and perform a prescribed calisthenics movement (i.e. push up, sit up, body squat, plank, lunge, jump squat, wall sit, mountain climbers, etc.) before returning to the game. For complete game details please see page 75.

## **Water Break**

### **Speed Workout**

**Complete the following speed regimen:**

- 400 meter time trial
- Rest 1 minute
- 400 meter time trial
- Rest 2 minutes
- 400 meter time trial

## **Water Break**

### **Static Stretching**

**Select 4 static stretches from the stretching glossary**





# Kids of STEEL Session 29

## Running Component Emphasis: Endurance

### Welcome

#### Overview of the day

### Warm Up

#### 3-4 minutes of jogging or a warm up exercise- options include:

- 4 laps around the gym/basketball court
- 400 meter jog (1 lap around the track)
- 1 lap around the football field
- Jump rope
- Hula hoop

### Dynamic Warm Up

#### Select 4 dynamic stretching drills from the stretching glossary

### 16 minute Distance Classic

The run will be conducted in intervals of 4 minutes. The runner will continually run, jog, or walk for 16 total minutes. The first 4 minutes is running, the second 4 minutes is walking, the third 4 minutes is jogging and the last 4 minutes is running.

### Water Break

### Bean Bag Relay

Divide the group into teams. Put bean bags for each team member at a distance away from the teams. A member from each team runs one at a time to pick up one bean bag and return it to their team. When they return to their team, the next person in line runs and picks up a bean bag until all students have gone or all bean bags have been picked up.

### Static Stretching

#### Select 4 static stretches from the stretching glossary



# Kids of STEEL Session 30

## Running Component Emphasis: Race Preparation

### Welcome

#### Overview of the day

Discuss upcoming race and answer any questions

### Warm Up

3-4 minutes of jogging or a warm up exercise- options include:

- 4 laps around the gym/basketball court
- 400 meter jog (1 lap around the track)
- 1 lap around the football field
- Jump rope
- Hula hoop

### Dynamic Warm Up

Select 4 dynamic stretching drills from the stretching glossary

### Running Form Drills

#### Foot Fire

- Imagine you are standing on a hot stove and to avoid burning your feet, you must lift and lower your feet as quickly as possible.
- Coaches control the temperature of the stove and the turnover rate of the students by calling out “hotter” or “colder”
- When you call “foot fire!” the runners should be moving as quickly as possible.

#### Proper Arm Swing

Perfect form is where your arms are swinging at a “V” then “L” position. Your elbows are tucked in and your wrists are passing near your hip.

#### Proper Posture & Foot Strike

- Keep knees high while raising the opposite arm with each foot landing directly under the body’s center of gravity
- Run Tall with your head held high, focusing straight ahead, with your torso tall

### Water Break

### 16 minute Continuous Jog

Make sure that students are jogging today is being utilized as an active recovery day in preparation for the upcoming race

### Static Stretching

Select 4 static stretches from the stretching glossary

# 5K TRAINING PLAN



# 5K Training Plan Overview

**How to start: Plan it out! Read all of the following materials so that you know what to expect and to get the most of race day.**

This Kids of STEEL 5K training plan follows a couple of principles. First, there are programmed speed, endurance, and recovery days. Note that all of these days are important – even your recovery day. The days of “running through a wall each training session” are behind us. The top athletes in the sport no longer train by the previously mentioned principle. Things have shifted to tactical, smart, and optimal training plans such as the plan you are about to begin. That is not to say that this training plan isn’t hard- because it is. However, when you have recovery days programmed, use them as true recovery running days. Do not over exert yourself in the name of “working harder than everyone else.” This will lead to burnout, exhaustion, higher risk of injury, and ultimately, a poor performance on race day.

Calisthenics workouts are included in this training plan in order to strengthen the muscles that are key in distance running. Adjust the workout as you need to. If you can’t do 12 push-ups, try doing 6 regular and 6 modified push-ups. It’s all about challenging yourself and improving based on the goal that you want to reach. Train hard and smart throughout all of the sessions. A pace chart is also provided. It is vital to learn how to read a pace chart so that you train at the appropriate pace and speeds throughout the regiment. Each run will have a prescribed pace (mile, 5K, 10K, half marathon, marathon, recovery) that will tell you split times that you should be aiming for based off of your personal best mile time. Train as it is prescribed, and take care of yourself outside of your workouts by eating balanced meals, staying hydrated, and stretching.

Speaking of stretching, each day begins with dynamic stretching drills and ends with static stretching exercises. You have received a stretching glossary in your packet. Please make sure to review this and utilize these stretches before and after your workouts. We have not prescribed which stretches you should do. That is up to you. Some days certain areas will need more attention so listen to your body and take a couple of extra minutes to stretch those problem areas. For static stretches we recommend that you hold each exercise for 15-30 seconds and repeat them for 3-4 times. For dynamic stretches, we recommend that you utilize a host of different stretches (at least 4 different stretches) to get your body warmed up.

Your schedule changes with holiday breaks, vacations, school commitments and so on. If you miss a session, move forward with the next day. Although three sessions a week are prescribed, if you only plan to do two sessions a week, follow days one and two of each week. Training starts when you start it. While you will have this training plan farther than eight weeks out from race weekend, start it when you would like. Each runner is different in their preparation for race weekend. If it takes you nine or ten weeks as opposed to eight to prepare for the race, reach out to us at P3R and we can supplement your training for a couple of weeks.

Happy training!

***Before beginning any new exercise regimen,  
it is recommended to consult with your primary care physician.***

## Reading a Pace Chart

For young and new runners, it is vital to become familiar with pace and running at and maintaining various speeds during your regimented training. As you become more familiar with pace, you will be able to recognize what your 5k pace is as compared to your 10k pace and so on. There are a handful of different paces that are prescribed in marathon training:

First, there is a sprint pace. This pace isn't frequently used in marathon and distance training. As you would assume, sprinting is helpful for short bursts of speed, not prolonged running that is required in marathon runs. Nonetheless, sprints are as fast as you can go for the given distance.

For the most used pace prescriptions that you will see- there is the 1-mile, 5K, half-marathon, and marathon pace. Moving from fastest to slowest, the 1-mile pace is running at the speed that you would for a one mile race. This is and should be the fastest pace that you have (besides a sprint). 5K pace is the pace that you would use for a 5k race. This pace is still quick. As you can see on the pace chart, your mile time is about 30 seconds slower when equated from a 1 mile run to a 5k. By no means, should a run with a 5k pace be a jog. As for your half marathon and marathon paces, these are slower due to the length of the run and the need to maintain this pace. Therefore, for these paces you need to be disciplined to not go out too fast so you can hold your pace for the entirety of the run.

As you train, your pace chart will be a great tool. Regardless of the prescribed distance that you are doing, this will help you training at the appropriate speed. For instance, if you run a 6:30 mile but run a 24:00 5k, you know that your endurance needs to be addressed. Therefore you can focus your training on maintaining pace, building endurance, and correcting any technique or mechanical breakdowns that occur the further into your runs that you get.

## How to read the a pace chart

Reading a pace chart begins with you finding the time that you ran any of the events listed on the chart- mile, 5K, 10K, half marathon, marathon. From there, you will find the pace at which you will be running for your workout. For example, if my best mile time was 6:00 and my training prescribes that I run 2 miles at my marathon pace, I will be running the 2 miles with the pace to finish each at around 7:25.

# Pace Chart

## Pace Chart

Mile Best	5K Best/ Average Mile Pace	10K Best/ Average Mile Pace	Tempo Average Mile Pace	Half Marathon Best Average Mile Pace	Marathon Best Average Mile Pace	Recovery Day Pace
5:00	17:05/5:30	35:45/5:45	6:05	1:18:00/6:00	2:44:00/6:15	7:00
5:30	18:45/6:00	39:00/6:15	6:35	1:25:00/6:30	3:00:00/6:50	7:35
6:00	20:15/6:30	42:00/6:45	7:05	1:35:00/7:15	3:15:00/7:25	8:10
6:30	22:00/7:05	45:45/7:20	7:40	1:40:00/7:35	3:30:00/8:00	8:45
7:00	23:45/7:40	49:00/7:55	8:15	1:50:00/8:20	3:45:00/8:35	9:20
7:30	25:15/8:05	52:30/8:25	8:50	1:55:00/8:45	4:00:00/9:10	9:55
8:00	27:00/8:40	55:50/9:00	9:25	2:05:00/9:30	4:15:00/9:45	10:30
8:30	28:30/9:10	59:00/9:30	9:55	2:10:00/9:55	4:30:00/10:15	11:00
9:00	30:00/9:40	62:30/10:00	10:30	2:20:00/10:40	4:45:00/10:50	11:35
9:30	31:45/10:15	66:00/10:35	11:00	2:25:00/11:05	5:00:00/11:25	12:10
10:00	33:00/10:40	69:00/11:05	11:35	2:35:00/11:45	5:15:00/12:00	12:45
10:30	35:00/11:15	72:00/11:35	12:00	2:40:00/12:10	5:30:00/12:35	13:20
11:00	36:15/11:40	75:00/12:00	12:35	2:50:00/12:55	5:40:00/13:00	13:45
11:30	38:00/12:15	78:30/12:35	13:00	2:55:00/13:15	5:50:00/13:20	14:05
12:00	39:30/12:40	81:30/13:05	13:35	3:05:00/14:05	6:00:00/13:45	14:30

## Week 1 of 5K Training

### Week 1, Day 1:

#### Warm Up

#### Dynamic Stretches

#### Running

##### Run Training

- 400 meter run- mile pace/rest for 3 minutes X2
- 600 meter run- 5K pace/rest 4 minutes x2
- 200 meter sprint/rest 2 minutes x2

#### Calisthenics

- 20 seconds as many reps as possible, 20 second rest X3
- Air squats
- 20 seconds as many reps as possible, 20 second rest X3
- Lunges

#### Static Stretching

### Week 1, Day 2:

#### Warm Up

#### Dynamic Stretches

#### Running

- Run 2 miles or 18 minutes – **RECORD TIME**

#### Calisthenics

##### X3

- 10 Burpee to vertical jump
- 10 shuffle slides to right
- 10 shuffle slides to the right
- Rest 45 seconds

#### Static Stretching



# Week 1, Day 3:

## Warm Up

## Dynamic Stretches

## Running

- 10 minute tempo run
- 1 minute at mile pace
- 2 minutes at 5k pace
- Rest 3 minutes
- Complete series twice

## Calisthenics

- 20 seconds of work, 10 seconds rest X4
- Maximum effort number of sit ups

## Static Stretching

## Week 2 of 5K Training

### Week 2, Day 1:

#### Warm Up

#### Dynamic Stretching

#### Running

- Run 60 seconds- tempo pace
- Rest 30 seconds
- Repeat 5 times

#### Calisthenics

- 8 push ups
- 8 squat jumps
- Repeat 4 times

#### Running

- Run 30 seconds- 5k pace
- Rest 30 seconds
- Repeat 5 times

#### Static Stretching

### Week 2, Day 2:

#### Warm Up

#### Dynamic Stretches

#### Running

- Run 2 miles (faster than Week 1, Day 2) **Record Time**

#### Calisthenics

- 25 jumping jacks
- 10 second plank
- Repeat 4 times

#### Static Stretching

# Week 2, Day 3:

## Warm Up

## Dynamic Stretches

## Running:

### Follow the sequence below:

- 1 minute at a mile pace, 30 second recovery pace
- 2 minutes at a 5k, 1 minute recovery pace
- 3 minutes at 10k pace, 1.5 minutes recovery pace
- 3 minutes at 10k pace, 1.5 minutes recovery pace
- 2 minutes at 5k pace, 1 minute recovery pace
- 1 minutes at mile pace, second recovery pace

## Calisthenics

**No calisthenics today**

## Static Stretching

## Week 3 of 5K Training

### Week 3, Day 1:

#### Warm Up

#### Dynamic Stretches

#### Running

##### 1 mile time trial with repeatability test

- Run one mile as fast as you can, rest 5 minutes and then attempt to repeat the time that you just had
- Record your times

#### Calisthenics

##### Complete the following sequence 3 times:

- 10 Push Ups
- 20 Sit Ups
- 40 Jump Ropes

#### Static Stretches

### Week 3, Day 2:

#### Warm Up

#### Dynamic Stretches

#### Running

##### Complete the following sequence:

- Run 400 meters at a tempo pace
- Run 400 meters (x2) at a 5k pace
- Run 400 meters at the mile pace

**Rest 2 minutes between intervals and complete the sequence twice**

#### Calisthenics

##### Complete the following sequence:

- 12 Walking Lunges
- 10 Calf Raises (per leg)

**Repeat 4 times**

#### Static Stretching

# Week 3, Day 3:

Warm Up

Dynamic Stretches

Running- Recovery Run

**Run 3 miles.**

**Start slow and gradually build your speed so your last mile is faster than your first**

Static Stretching

## Week 4 of 5K Training

### Week 4, Day 1:

#### Warm Up

#### Dynamic Stretches

#### Running:

**3x 800 meter run with pace increasing with each 800 meter run**

- Rest 2 minutes after each 800 meters

#### Calisthenics

**Complete the following sequence 3 times**

- 100 meter sprint
- 10 Burpees
- 15 Air Squats

#### Static Stretching

### Week 4, Day 2:

#### Warm Up

#### Dynamic Stretches

#### Running:

**Run 3-4 miles**

Use this run to prepare yourself both physically and mentally for the 5k. Experiment with your pace and speed so that you can get comfortable with both for the race.

#### Static Stretching

# Week 4, Day 3:

## Warm Up

## Dynamic Stretches

## Running:

**Complete the following sequence:**

- (2x) 200 meter- mile pace
- 400 meter run- 5k pace
- (2x) 200 meter- mile pace
- 400 meter run- 5k pace
- (2x) 200 meter- mile pace

**Rest 1 minute between each interval**

## Calisthenics

**Complete as many push-ups, sit-ups, and jumping jacks as you can in 1 minute intervals**

## Static Stretching

## Week 5 of 5K Training

### Week 5, Day 1:

#### Warm Up

#### Dynamic Stretches

#### Running

##### 3 Mile progression run

The first 1.5 miles should be fast with the tempo of the last 1.5 miles progressively slowing to a jog by the end of the run

#### Calisthenics

Accumulate 1 minute of a plank hold. Take as many sets as you need

#### Static Stretching

### Week 5, Day 2:

#### Warm Up

#### Dynamic Stretches

#### Running

##### Complete the following sequence

- 200 meter- mile pace 45 second rest
- 400 meter- 5k pace rest 2 minutes
- 600 meter- 5k pace rest 2 minutes
- 800 meter- 10k pace rest 2 minutes
- 600 meter- 5k pace rest 2 minutes
- 400 meter- 5k pace rest 2 minutes
- 200 meter- mile pace

#### Calisthenics

None

#### Static Stretching



# Week 5, Day 3:

## Warm Up

## Dynamic Stretches

## Running

### Run 4-5 miles

Use this run to prepare yourself both physically and mentally for the 5k. Experiment with your pace and speed so that you can get comfortable with both for the race.

## Calisthenics

None

## Static Stretching

## **Week 6 of 5K Training**

### **Week 6, Day 1:**

#### **Warm Up**

#### **Dynamic Stretches**

#### **Running**

#### **Complete the following sequence**

- 1 mile time trial
- 1200 meter- half marathon pace
- 800 meter time trial
- 400 meter marathon pace

#### **Rest 4 minutes after each interval**

#### **Calisthenics**

#### **Accumulate 1 minute of a plank hold**

- Each time you break, you must complete 5 push ups

#### **Static Stretching**

### **Week 6, Day 2:**

#### **Warm Up**

#### **Dynamic Stretches**

#### **Running**

#### **2-3 mile recovery run**

#### **Calisthenics**

#### **Complete the following sequence 4 times**

- 10 Push Ups
- 10 Jumping Jacks
- 10 Squat Jumps

#### **Static Stretching**

# Week 6, Day 3:

## Warm Up

## Dynamic Stretches

## Running

- Run 3 minutes- 10k pace
- Walk 30 seconds
- Repeat 10 times

## Calisthenics

None

## Static Stretching

## Week 7 of 5K Training

### Week 7, Day 1:

#### Warm Up

#### Dynamic Stretches

#### Running

#### Run Training

- 400 meter run- mile pace/rest for 3 minutes X2
- 600 meter run- 5k pace/rest 4 minutes x2
- 200 meter sprint/rest 2 minutes x3

#### Calisthenics

#### Complete the following complex 3 times

- 12 Walking Lunges
- 8 Sit-Ups
- 4 Calf Raises (per leg)

#### Static Stretching

### Week 7, Day 2:

#### Warm Up

#### Dynamic Stretches

#### Running

#### Run 4-5 miles

Use this run to prepare yourself both physically and mentally for the 5k. Experiment with your pace and speed so that you can get comfortable with both for the race.

#### Calisthenics

None

#### Static Stretching

# Week 7, Day 3:

## Warm Up

## Dynamic Stretches

## Running

**If running on a track, complete the following sequence 8 times:**

- Run straight aways at 10k pace
- Jog turns of tracks

**If not running on a track, complete the following sequence 8 times:**

- Run 100 meters at 10k pace
- Jog 100 meters
- Run 100 meters at 10k pace
- Jog 100 meters

## Calisthenics

None

## Static Stretching

## **Week 8 of 5K Training**

### **Week 8, Day 1:**

**Warm Up**

**Dynamic Stretches**

**Running**

**3 mile recovery run**

**Static Stretching**

### **Week 8, Day 2:**

**Warm Up**

**Dynamic Stretches**

**Running**

**Run 2-3 miles**

Use this run to prepare yourself both physically and mentally for the 5k. Experiment with your pace and speed so that you can get comfortable with both for the race.

**Static Stretching**

### **Week 8, Day 3:**

Make sure to stretch and stay hydrated today. There will not be any prescribed training but make sure to get out and move rather it is running a couple of miles, taking a walk in your community, or playing a sport.

**GAMES**





# Continuous Relay

## Description of Activity

Split runners into at least two evenly matched teams. Give each team a baton and set up an exchange zone using cones around the running loop. Place one runner of each team at each exchange zone with two runners at the starting position. Make sure to have at least one runner more on each team than you have exchange zones. As runners complete their legs of the loop, their teammates will be resting. The objective is to have all runners return to their starting position as quickly as possible without dropping the baton. The activity can be modified dependent upon how many participants you have in attendance. This activity is ideally administered in a gymnasium or indoor/outdoor track.

## Running Component Emphasis

Pending distance and number of intervals, this can be a pace exercise. However, this activity is more likely a stride, form, and slight conditioning exercise. Be sure to provide instruction and positive feedback regarding stride and form throughout the exercise.

## Equipment Needed

Cones, batons, stopwatch

## Potential Modifications

Modifications for this game can be made for a host of situations. Utilize staggered starts for larger teams. More exchange zones and longer distances can be implemented to accommodate larger numbers as well. However, make sure to choose a distance based upon the ability and training objectives of the athletes and the class. If participants are in poor physical and/or cardiovascular health, number of intervals and distance can be lessened. Activity can also be completed by utilizing other locomotor functions such as skipping, power walking, walking, or shuffling.

# Capture the Flag

## Description of Activity

This game is ideal for larger groups (10+) and can be played for at least 10 minutes. Ideally, this activity would be administered in a large, open space such as a sport field or indoor/outdoor gymnasium.

Split the group into two teams. On each side of the playing field, there will be a flag zone that is indicated by a designated circle where the flag will be placed. A designated holding zone for tagged players will also be identified for each side. The objective of the game is to take the opposing teams flag and return it across the center line without being tagged. If a player is tagged while on the opponent's side of the field, they must go to the holding zone on the opponent's side of the field. If a player is tagged when attempting to steal the flag, it must be returned to the flag zone and the player goes to the holding zone. A player can be freed from the holding zone if a teammate crosses the line and tags them. Both players are then granted a free walk back to their side. A teammate can only free one teammate at a time. When guarding the flag zone, players must remain 2 feet from the flag zone boundary, Players must tag one another safely. Unsafe tags include hard contact that could cause the person being tagged to fall.

## Running Component Emphasis

This game should emphasize continuous movement by all. Agility, quickness, and running form should all be highlighted for successful participation. Being that all participants should be moving at all-time throughout the game, conditioning could be tested.

## Equipment Needed

Cones, floor tape (if available), flag

## Potential Modifications

Modifications for this game can be made for a host of situations. If participants are in poor physical and/or cardiovascular health, the distance between flags and zones can be scaled along with the length of the game. The activity can also be completed by utilizing other locomotor movements such as skipping, power walking, or walking. For groups with children in good cardiovascular shape, instead of going to the holding zone when tagged, players can complete a calisthenics movement before re-entering the game (i.e. push up, sit up, body squat, plank, lunge, jump squat, wall sit, mountain climbers, etc.)

# Toe Tag

## Description of Activity

The prime number of participants is dependent upon the space that you utilize but ideally, you will need at least five to play this game. You want to allow ample space for participants to maneuver to avoid being tagged but will want the space small enough to encourage quick, agile movements. Set up the playing space by using cones or boundary markers (floor lines in a gymnasium work well). This game can be administered in a variety of spaces. Dependent upon the number of participants, activity rooms, gymnasiums, and sport fields are all appropriate. Everyone is “it” at the same time. To play the game, participants tag one another by stepping *lightly* on one another toes. No stomping on toes. Once a player is tagged, they must go out of bounds and perform a prescribed calisthenics movement (i.e. push up, sit up, body squat, plank, lunge, jump squat, wall sit, mountain climbers, etc.) before returning to the game. The best way to avoid being tagged is to keep your feet moving quickly. This is a great 5-7 minute game that will require the participants to move quickly.

## Running Component Emphasis

Running form, agility, quickness. Participants should continue to use good running mechanics with good posture, arm positioning and movement.

## Equipment Needed

Cones

## Potential Modifications

Due to the brief duration and recommended small playing area of this game, this activity should be conducive to all abilities and levels of fitness. In the event of early onset fatigue, lessen the repetition of calisthenics movements required if tagged.

# Blob Tag

## Description of Activity

This activity is ideal for groups of 10 participants or more. The playing space should be clearly marked with cones or boundary markers. The game begins with two participants being identified as “it”. They become “The Blob” by linking arms and start the game by tagging others. “The Blob” moves together and must keep their arms linked together as they try to tag others. The objective of the game is to avoid being tagged for as long as possible. When someone is tagged, they join “The Blob” by linking arms with the tagger. If/when a fourth player is tagged, “The Blob” then separates into two “Blobs”. Every time a Blob becomes four players, it must split. Gameplay continues until all of the players become part of “Blobs”. If a player runs out of bounds to avoid being tagged, they must connect with the nearest “Blob”. The last two players out become the first “Blob” for the next game. Pending the number of participants, gameplay will conclude quickly. However, this is a fast-paced game with everyone running throughout.

## Running Component Emphasis

Form, conditioning, coordination

## Equipment Needed

Cones

## Potential Modifications

Due to the brief duration and recommended small playing area of this game, this activity should be conducive to all abilities and levels of fitness. In the event of early onset fatigue change the locomotor movement in gameplay from running to walking or power walking.

# Elbow Tag

## Description of Activity

This game is ideal for a large group of participants (10+). The playing space should be clearly marked with cones or boundary markers. Before you start the game, go over safe tagging which is a light tag as opposed to a hard contact that could cause someone to fall to the floor. Gameplay begins with identifying one participant who is “it” and another who is a “runner”. All other participants must pair up, spread out throughout the space, and the pairs must link one arm with one another. The free “runner” is the only person running away, attempting to elude the person who is it. Everyone else is standing with their partners throughout the court. In order for the free “runner” to be safe, they must find a pair and link arms with one of them at the elbow- making three people linked together. The person who was not linked in the original pair must then release and is now the free “runner” who is attempting to elude the person who is “it”. This runner must then find another pair without being tagged and so on. If the runner is tagged, they are now the person who is “it”. If the person who is “it” is struggling with tagging someone, the leader of the game can say “switch” and the free “runner” becomes “it”. This game can be adapted to playing space but is ideally implemented in a gymnasium or large open space.

## Running Component Emphasis

Coordination, running mechanics, form

## Equipment Needed

Cones

## Potential Modifications

Due to only two people running at one time with everyone else resting, this activity should be conducive to all abilities and levels of fitness. In the event of early onset fatigue say “switch” and have the person who is “it” become the free “runner” so that they can link up with a pair and rest.

# Sharks & Minnows

## Description of Activity

This activity is for large groups (10+) and can be played in various different places and spaces. However, make sure to consider that there is adequate space for participants to safely move from end to end. Gymnasiums, fields, and large open spaces work best. Before you start the game, go over safe tagging which is a light tag as opposed to a hard contact that could cause someone to fall to the floor. The objective of the game is to run from one end of the field to the other without being tagged by a shark. If playing in a space where a baseline is not evident, establish a baseline by using cones. To begin gameplay, identify one person who will be the shark. Everyone else will be minnows. The shark will stand in the middle of the playing field and will yell “GO”. At this point, the minnows will begin running to the other end of the playing field attempting to make it from one baseline to the other without being tagged by the shark. If a minnow is tagged by a shark before safely reaching the other baseline, they become a shark. The game is played until there is one or two minnows left.

## Running Component Emphasis

Stride, proper mechanics, form

## Equipment Needed

Cones

## Potential Modifications

Modifications for this game can be made for a host of situations. If participants are in poor physical and/or cardiovascular health, the distance between the baselines can be scaled. The activity can also be completed by utilizing other locomotor functions such as skipping, power walking, or walking.

# Ultimate Freeze Tag

## Description of Activity

This activity is ideal for a large group (10+) and is best administered in a large space such as a gymnasium or sport field. Gameplay begins with someone being designated as “It”. This person hides a small ball or object somewhere within the playing field. The objective is for all of the free runners to run around the playing space looking for the ball while trying to not be tagged. If a free runner is tagged, they are then frozen. This player cannot move until another player finds the ball or object, throws it to him/her and they catch it. If the ball is found before the person who is “it” tags everyone, then the free runners win. Otherwise, the person who is it would win by tagging everyone before the free runners find the ball. Prior to beginning gameplay, go over safe tagging which is a light tag as opposed to a hard contact that could cause someone to fall to the floor. This activity is flexible in that it could last 5-7 minutes or 10-12 minutes if played one game after the other with participants maintaining interest.

## Running Component Emphasis

Running form, conditioning, proper mechanics, conditioning

## Equipment Needed

1 ball or item that can be hidden

## Potential Modifications

Modifications for this game can be made for a host of situations. If participants are in poor physical and/or cardiovascular health, the playing space can be scaled. The activity can also be completed by utilizing other locomotor functions such as skipping, power walking, or walking. The game can also be modified to keep participants moving throughout the duration of the game by applying calisthenics movements to the game in the event that players are tagged so that when tagged, they can continue to participate following the completion of their movement as opposed to being frozen.

# Line Tag

## Description of Activity

Line tag is ideal for a group of at least five. This game is played on a basketball court or any playing field with clearly marked boundary lines. To begin this game, identify one player as “It” with everyone else being runners. The objective of the game is to avoid being tagged by the player who is “It” by only moving throughout the playing field by running on a marked line on the court. All players must follow this rule. If a free runner does not follow this rule, they become “It”. If a tagger doesn’t follow this rule, then the first person they tag doesn’t count or a fellow tagger is released to become a free runner. By only moving on the lines of the court, it forces players to plan their movement, focus on their gait, and communicate with others on the court. Prior to beginning gameplay, go over safe tagging which is a light tag as opposed to a hard contact that could cause someone to fall to the floor.

## Running Component Emphasis

Stride, form/mechanics, quickness, agility

## Equipment Needed

None

## Potential Modifications

If participants become fatigued, a different locomotor movement can be utilized such as skipping, power walking, or walking. Pending the objective of the class or training if you would like the flow of gameplay to be continuous, you could prescribe a calisthenics movement to those who are tagged with them returning to the game following the completion of the movement as opposed to becoming a tagger.



# UNO/Card Fitness

## Description of Activity

This activity can be completed with any size group. The flow will go as follows: a participant will draw a card from the deck of UNO or playing cards. There will be a corresponding exercise related to the suit/color of the playing card or UNO card. The participant will complete the exercise with the number of repetitions being the cards face amount. Participants will continue with drawing cards and completing the corresponding exercises until the entire deck of cards has been played/completed. For card breakdown, see below.

### Standard Playing Cards

Hearts – Mountain Climbers

Jack – 11 repetitions

Diamonds – Lunges

Queen – 12 repetitions

Spades – Sit ups

King – 13 repetitions

Clubs – Push Ups

Ace – 14 repetitions

### UNO Cards

Red – Push Ups

Skip – Skip one lap around the gym

Yellow – Mountain Climbers

Reverse Card – Run one lap around the gym

Blue – Sit Ups

Green – Lunges

Draw 2 – Draw 2 cards, add up their face value and complete the number of repetitions from the corresponding exercise of the color of the draw 2 card.

Draw 4 – Draw 4 cards and doo all four of the exercises from each card.

Wild Card – Rest for 1 minute

## Running Component Emphasis

Muscular strength and conditioning

## Equipment Needed

Deck of playing or UNO cards

## Potential Modifications

This game can be scaled or modified in a number of different ways. All exercises can be adapted to the objective of the training session by only working upper body, lower body, more high-intensity cardio based exercises, etc.

# Hideout

## Description of Activity

This activity is ideal for a large group in an enclosed area such as a large activity room or a gymnasium. To begin gameplay, start by creating a “throwing pit”. This could easily be identified as the center court circle on a basketball court. If playing in an unmarked area, use cones to create a “throwing pit”. This pit will be in the center, inside of the mats. Set up one mat along each side of the gym. This will be the hiding area for runners who will be running around the perimeter of the circle created. Pick one participant who will start the game as a thrower. Everyone else will be positioned throughout the perimeter of the court. The objective of the game is to run around the perimeter of the circle as the thrower attempts to throw foam balls at the runners. The runners can use the mats as cover by stopping behind them as they run around the perimeter of the circle but the runner can only hide behind the mat for 10 seconds, maximum. If the runner hides behind the mat for longer than 10 seconds, then they are out and must become a thrower. If a runner is hit by a ball thrown by the thrower, they are also out and must become a thrower. Only balls that hit the runners from the shoulders down count. Gameplay can continue for a time limit or until all players have been hit.

## Running Component Emphasis

Conditioning, running form, agility

## Equipment Needed

Cones, 4 mats, foam balls

## Potential Modifications

This activity can be modified in a number of ways. If the objective is to have the participants continually run for a set amount of time, there can be an all-time thrower. In this scenario, once a participant is hit a calisthenics movement can be applied and the runner can return to the game as opposed to joining the thrower. Secondly, less mats can be utilized. Three can be used in the form of a triangle. This lengthens the distance that participants run from mat to mat. For younger children with less developed biomechanics, the throwing distance from throwing pit to the perimeter of the running area can be shortened.

# Obstacle Course Run

## Description of Activity

An obstacle course can be utilized for any size group but I would recommend supplementing an obstacle course with another activity to eliminate inactive time experienced by the participants. Try to maximize the amount of physical activity experienced by the participants in the short time session that you have. That being said, obstacle courses are great vehicles for testing running mechanics and revealing mechanical flaws or weaknesses in the running technique of athletes. Below are a few obstacle course stations that can be utilized:

**Zig-Zag cones-** Cones should be set up in a zig-zag formation with the line continuing to move in a forward progression. Have participants shuffle throughout the drill from start to finish. Focus on having the participants complete the drill without shuffling outside of their frame. This will cause them to become off-balanced and fall.

**Step/Speed Ladder-** Numerous drills can be utilized with the step/speed ladder such as linear runs, high knees, lateral quick steps, in & out, lateral shuffle drill, single-leg hop, etc. All of such measure quickness and footwork. However, an emphasis should be on arm swings and heel strike and recovery. When completing the exercises the foot should not strike the ground flat footed, knees should be high, and arms should be swinging at the appropriate tempo.

**Hula Tires-** This will simulate a tire agility ladder. 12-16 hula hoops would be ideal. Really emphasize knee drive, heel recovery, and arm swings.

**3 Cone Drill-** Set up three cones in the shape of a 90 degree right angle. Participants will start at one of the outermost cones. Participants will run up to the nearest cone, touch the ground, return to the starting cone, touch the line, then run to the furthest cone utilizing the same route previously explained (start line to middle cone, make the turn to go to the furthest cone by taking the outside corner of the cone, touch the line at the furthest cone and retrace your route to return to the start/finish line). This drill measures agility, quickness, and stride. Runners should not make strides outside of their frame. This will make them off-balanced and will slow down their time.

## Jump Rope

## Running Component Emphasis

Dependent upon drills in the obstacle course. Knee drive, heel recovery, conditioning, strength, arm swing and positioning are a few things that can be evaluated through the drills.

## Equipment Needed

Equipment needed is dependent upon the drills set up. Cones, a speed ladder, and hula hoops would be sufficient for the previously mentioned drills.

## Potential Modifications

Obstacle courses can be scaled and modified in numerous ways but it is largely dependent upon the equipment at your disposal. Set your course based upon the running components that you want to test and measure.

# Ultimate Frisbee

## Description of Activity

Unless you have taught the biomechanical process of throwing a Frisbee, I would modify this game by playing with a foam ball as opposed to a Frisbee to allow the game flow to go smoothly. Doing so would reduce the number of changes in possession after each throw due to more successful/complete passes. This game is best played with a large group of participants (10+). The objective of the game is to move the ball down the playing field and into the opposing team's end zone. However, players cannot run when they possess the ball. Once a player catches the ball, they must stop and look to pass the ball to their teammates. By passing the ball down the court, the offense can move closer to the end zone. If the ball is dropped and hits the ground, it changes possession. The ball can be intercepted by the defense as well. Once a change of possession occurs, the same rules apply with the person possessing the ball. This game can be administered in a large open space such as a gymnasium or even a sports field. If there are not lines to delineate inbounds-out of bounds and the end zones, cones will need to be used. In a gymnasium, the baseline is the end zone while also serving as out of bounds along with the sidelines.

## Running Aspect Emphasis

Conditioning, agility, speed, running form

## Equipment Needed

Cones (if needed) & foam ball

## Potential Modifications

This game can be adapted once fatigue sets in by having all of the participants power walk as opposed to running. Secondly, the playing field can be modified by making the end zones larger, thus shorting the playing field. If children have developed the proper technique for throwing a Frisbee, this can be substituted for the foam ball.

# Handball

## Description of Activity

This game similar to ultimate Frisbee except players can take up to three steps when they possess the ball and as opposed to possessing the ball in the end zone counting as a score, players are shooting at a goal. Small soccer goals or cones can be used to create a goal. However, a box should be created that offense players cannot enter to ensure that players do not get too close to the goal when throwing the ball in an attempt to score (This could be no closer than the bottom blocks in the paint of a basketball key). Teams could be five on five with a goalie per team, maximum with as little as three on three with a goalie per team. The game can be played to a certain number of goals or with a time limit and can be played indoors, in a gymnasium or outdoors on a sports field or open space.

## Running Aspect Emphasis

Conditioning, Form (arm swings, heel strike, high knees), agility

## Equipment Needed

Foam ball

## Potential Modifications

In the event or concern of fatigue, the playing field can be made smaller. Also, participants could utilize a different locomotor movement as opposed to running (i.e. walking, power walking, skipping, etc.) Handball basketball can be another adaptation. Same rules apply but as opposed to scoring being throwing a ball into a goal, it could be shooting the basketball through the hoop with basketball scoring being applied for 2 and 3-point shots. Dribbling is not enforced for this modification. Players can still take three steps with the ball before having to pass and shoot.

# Float

## Description of Activity

This activity can be administered to a sized group in any sized space. The objective of the game is to keep a foam ball or balloon in the air by hitting with any body part. If the ball hits the ground, the participant must complete the prescribed calisthenics exercise before resuming the activity. Game is ideally implemented for 5-10 minutes.

## Running Component Emphasis

Muscular strength

## Equipment Needed

A foam ball or balloon for each participant

## Potential Modifications

This game can be modified by utilizing a larger foam ball or balloon if participants are having difficulties keeping their implement in the air. If the activity is too easy, have players attempt to hit the implements of others or act as a deterrent.

# Cats Corner

## Description of Activity

This game is best played in large groups (10+) and on a court or large playing space. The objective of the game is to run from one corner of the court to another without being tagged. To start the game, split the group into four different subgroups with each group starting in a different corner and designate one person as being “It”. This person will start in the middle of the playing space. Use cones to designate safe spaces in each corner of the playing field. In the safe space, a player cannot be tagged. Prior to starting the game, review safe tagging which is a light tag as opposed to a hard contact that could cause someone to fall to the floor. To start gameplay, the player in the middle who was designated as “It” will yell “GO” and all players will try to run from their corner to another while trying to avoid being tagged. If a player is tagged, they will also become a tagger.

## Running Component Emphasis

Quickness, agility, form, conditioning

## Equipment Needed

Cones

## Potential Modifications

This game can be modified in a few ways. First, the playing space can be modified. If running the full length of the baseline and sideline of a basketball court is too much, distances can be shortened. If participants become fatigued, a different locomotor movement can be utilized such as skipping, power walking, or walking. Finally, if you would like the flow of gameplay to be continuous, you could prescribe a calisthenics movement to those who are tagged with them returning to the game following the completion of the movement as opposed to becoming a tagger.

# Last Runner Out

## Description of Activity

This activity is best played on a track or any location that is a looped course with a set distance. If not administered on a track, cones can be utilized to designate the loop. Last Runner Out can be administered to any sized group but it is important to stagger the start if the group size is larger than four. The required number of laps on the loop is equal to the number of runners in the game so scale the distance and size of the groups accordingly. The objective is to be the first to finish each lap that is ran. As the game begins, the person who finishes last on each lap turns around and runs the opposite way. For example, for lap one, the runner who finishes fourth turns and runs clockwise. It then becomes a race with the three runners who were running the original counter-clockwise direction. The runner who then finishes third would turn and run clockwise and so on until there is only one runner running the original, counter-clockwise direction.

## Running Component Emphasis

Conditioning, pace, form

## Equipment Needed

Cones

## Potential Modifications

Scale the distances accordingly so that runners do not overexert themselves. You could also turn this into a relay with exchange zones. The last team to cross the start/finish line will have to run the opposite direction.



# 1-2-3-4 Run the Field

## Description of Activity

This drill can be administered to any sized group as long as there is adequate space for participants to run without running into one another. This drill works best on a sport field such a soccer or football field, gymnasium, or large open space. This drill can be utilized to supplement a speed day. The objective of this drill is to have the runners progressively sprint longer distances the further they get into this drill. It begins with the runners jogging three sides of the loop and sprinting one side. For a track, this could be jogging a straight-away, turn, and straight-away and sprinting the final turn or on a sport field, jogging the sidelines and one baseline and sprinting the final baseline. The drill progresses with jogging two sides and sprinting two, jogging one side and sprinting three, and sprinting all four sides. This is continuous movement so stress pacing to the runners and scale the run so that the runners clearly show a change in running “gears” from jog to sprint.

## Running Aspect Emphasis

Pace, speed, stride, conditioning

## Equipment Needed

Cones if running loop is not clearly marked

## Potential Modifications

To modify this drill, make sure that the distance of the loop is appropriate. This is primarily a speed drill. Do not make the distances so far that this becomes primarily a conditioning drill due to runners not changing speeds throughout.

# Flip the Cones

## Description of Activity

This game is ideal for a large group (10+) and can be played in any space. The objective of the game is to flip as many cones as possible for your team at the conclusion of the time period. Prior to beginning the game, split the group into two teams. One group will be flipping the cones upside down and the other will be setting the cones right-side up. Set a particular time period and have the kids run around setting their cones according to their team. The team with the most cones set at the conclusion of the time period wins.

## Running Component Emphasis

Quickness, agility

## Equipment Needed

Cones

## Potential Modifications

You can modify this game in various ways. First, you can make the time periods shorter or longer dependent upon the participants. You can also have the participants utilize a different locomotor movement such as power walking, walking, skipping, shuffling, etc.

# Rabbit & Hounds

## Description of Activity

This game is flexible and can be administered to any sized group. That being said, it is important to plan the activity based upon the space that you have at your disposal. To ensure the safety of all participants, you may have to stagger the start. To begin the game, have participants find a partner. The partners should be similar in speed. One of the partners will be the rabbit and the other will be the hound. The hound will chase the rabbit. To play the game have both of the player's line up on the baseline of the court or playing area. Give the rabbits a slight head start and then have the hounds attempt to catch the rabbits before they reach the finish line. In a gymnasium, this is from baseline to baseline but can be lengthened or shortened pending space and participants. Once the players get from one baseline to the other, the runners will switch roles.

## Running Component Emphasis

Quickness, speed, agility

## Equipment Needed

None

## Potential Modifications

To make this game easier or harder, you can lengthen or shorten the playing field. You can also give the rabbits more or less of a head start from the hounds.

# Barnyard

## Description of Activity

This game is ideally played with a large group (10+) in a large space such as a gymnasium or sport field. Before starting the game, select two participants to be the farmers. These two will be the taggers and will be at center court when the game begins. Then make even groups out of the rest of the participants. Allow the participants to select a farm animal name for their group and evenly place members of each group in adjacent corners of the gym. Gameplay will begin with the farmers calling out one of the animal group names. Each member of the said animal group will then attempt to run to the adjacent corner of the playing area without being caught by the farmers. If an animal is tagged by a farmer, they must run one lap around the perimeter of the playing space. “Barnyard” can also be called which means that all groups of animals must attempt to run past the farmers without being tagged. Scoring is flexible and optimal but can be how many time a player is tagged (with the player with the least winning), switching farmers after they tag X number of runners, etc.

## Running Component Emphasis

Speed, agility, quickness

## Equipment Needed

None

## Potential Modifications

You can modify the playing space by making the court size larger or smaller. You can also utilize different locomotor movements such as power walking, skipping, galloping, walking, and shuffling.

# Red Light, Green Light

## Description of Activity

Red Light, Green Light can be administered with any size group. The objective of the game is to make it to the “stoplight” without being caught. To begin the game, select one person to be the stoplight (this can be the teacher). The stoplight should stand far away from the runners. If you are administering this game in a gymnasium, the runners and stoplight should be on opposite baselines. The stoplight should turn with his/her back towards the runner. When this occurs, the runners run from their starting positions and towards the stoplight. When the stoplight turns around, the runners must immediately stop running. If anyone continues to run once the stoplight turns around, they must return to the starting line and start again.

## Running Component Emphasis

Quickness, agility, awareness

## Equipment Needed

None

## Potential Modifications

You can modify the playing space by making the court size larger or smaller. You can also utilize different locomotor movements such as power walking, skipping, galloping, walking, and shuffling or by having the students complete a calisthenics movement if they were to get caught by the stoplight.

# Fitness Dice

## Description of Activity

Fitness Dice can be administered to any sized group. The objective of fitness dice is to get the students to complete various calisthenics movements. Paper templates for fitness dice can be found online or a set of fitness dice can be purchased online. Each student should role the set of dice. One of which should have the number or repetitions on it and the other should have the exercise. The student will complete the exercise and number of repetitions that are face up. Example exercises include: air squats, push-ups, sit-ups, plank, vertical jumps, running laps, jump rope, etc.

## Running Component Emphasis

Strength

## Equipment Needed

Fitness dice with additional equipment being dependent upon the exercises listed on the fitness dice

## Potential Modifications

Exercises can be scaled accordingly based upon the fitness levels of the participants

# Pizza Game

## Description of Activity

This game can be played with any size group. The game begins by everyone getting a “pizza” this can be a cone, poly spot, or an ab mat if you have one. The objective is for everyone to move around the playing space while balancing their pizza in one hand as if they were a pizza delivery boy or girl. Participants can only use one hand to do such. Meanwhile as everyone is moving around the playing space, they can use their free hand to knock other players pizza out of their hand. The format of the game can be an elimination game (you’re out once your pizza hits the ground) or you must do a calisthenics movement once your pizza hits the ground and then you can get back in. The space can be as large as a gym or as small as a meeting room. This can be used as a warm up game or as a fun way to address strength training.

## Running Component Emphasis

Conditioning & strength

## Equipment Needed

Cones, poly spots or ab mat

## Potential Modifications

Playing space along with the format of the game- elimination or calisthenics movement alternative can be modified pending space objective of the game.

# Funnel Tag

## Description of Activity

This game works best with a group size of larger than eight. Gameplay begins with identifying one participant who will be “it” and one person who will be the evading the participant who is “it”. So you will have one tagger, one person avoiding the person who is it and at least six people who will serve as a human shield. For the six shield players, their objective is to keep themselves between the tagger and the participant who is avoiding being tagged. However, the shield players must always be connected to one another (holding hands, interlocking arms, etc). On “GO” give the tagger a time stamp in which they must tag the opposing player (typically 30-45 seconds). If the tagger is successful, the shield and the player who was tagged must do a prescribed calisthenics movement. If the tagger is unsuccessful, he/she must do the calisthenics movement.

## Running Component Emphasis

Quickness & agility

## Equipment Needed

None

## Potential Modifications

If you have a group size of 15 or more, you can split the group to have numerous shielding teams, taggers and players who are avoiding being tagged.



# Musical Cones

## Description of Activity

This game is ideal for a group size of larger than six participants. The game is very much like musical chairs but with cones. Music will be played as participants run around a designated area-perimeter of a court or field, coach made loop, etc. The cones are to be spread throughout the playing space and when the music stops, if you do not have a cone you either: complete a calisthenics movement or are eliminated.

## Running Component Emphasis

Strength & conditioning

## Equipment Needed

Cones

## Potential Modifications

This game can be modified in a number of ways. The number of cones can be modified, especially if you are not eliminating participants. This will require numerous participants to complete calisthenics movements when the music stops. Participants can be instructed to walk, run, crab walk or bear crawl as the music is playing.



# **STRETCHES - DYNAMIC AND STATIC**



# Dynamic Stretches

**Lateral Shuffle:** Face one direction and shuffle sideways for 10 to 15 yards keeping your body square, facing forward, and balanced- not reaching outside of the frame of your hip to shuffle.

**High Knees:** Walk forward slowly bending your right knee and driving it towards your chest and quickly place it back on the ground. Follow by immediately driving your left knee towards your chest and quickly place it back on the ground. Do so as many times within the distance of 20 yards. Make sure to swing your arms- opposite arm, opposite leg.

**Knee Hugs:** Walking distance of 20 yards, bend one knee up and bring it to your chest. With the hand on the same side, hug the knee across to the opposite shoulder, opposite hand helps pull the knee across at the shin. Repeat as many times alternating for the distance. Make sure not to twist the knee.

**High Skips:** This exercise is a variation of high knees. As you drive your knee up, you are exploding up and off of the ground and landing on the same leg. For example, you drive your right knee up, exploding off of and landing on your left leg, immediately driving your left knee up pushing off of your right foot. With each skip, you should propel yourself upward as high as possible. Do so as many times within 20 yards.

**Butt Kicks:** Walk forward slowly while kicking your heels in towards your glutes for a total of 20 kicks (10 per leg).

**Frankenstein Walk:** Walking distance of 20 yards, kick one leg up in the air to a comfortable height while trying to touch the toe with the opposite arm. Repeat for full distance of 20 yards

**Hip Circles:** Standing with your feet hip width apart with your hands on your hips, rotate your hips in circles in a clockwise and then counterclockwise pattern ten times each direction.

**Open the Gate:** Walking the distance of 20 yards, every 3 steps, march one knee towards your chest, then rotate out to the side while keeping it bent and then return to the ground. Alternate and repeat for the complete distance. Keep your trunk tall and your toes up.

**Close the Gate:** Walking the distance of 20 yards, every 3 steps march one knee out to the side, then circle in across your body and return to the ground. Alternate and repeat for the complete distance. Keep your trunk tall and your toes up.

**Walking Lunges:** Step forward with a long stride and drop your back leg towards the ground. Focus on keeping your front knee over your ankle and perform it in a slow and flowing motion.

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**Walking Samson Stretch:** Step forward into a lunge. Once in a lunge, drop your back knee to the ground and lean forward into your front leg. Be sure not to bend at the waist. Instead, push your hips forward. For a deeper stretch, reach your hands up and over your head while stretching.

**Leg Swings:** While holding onto something stable, swing one leg to your side and then back and across your torso. Perform the move 10 times each side.

**Inchworms:** Start by bending at the waist and touching the floor (or as low as you can) while keeping your legs straight. Next, walk your hand out in front of your body until you are in a push up position. From there, walk your feet back up to your hands (or as far as you can) using small steps. Walk your hands back out and repeat for 6 total repetitions.

**Toe Walk:** Walk forward on the tip of toes with heel off of the ground.

**Heel Walk:** Walk forward on your heels. This will target the ankle and shin.

# Static Stretches

**Side Stretch:** Stand with a straight back, head high, and place the arm behind the head and lean to the side. The opposite arm should be at your side and move down slightly, but the hand should not go below the knee. Try not to lean forward or backward. Repeat with opposite side.

**Quadricep Stretch:** Stretch the quadriceps by lifting the leg toward the rear and gently grab the ankle, pulling the foot into the gluteus. Keep a straight back. Opposite knee should be slightly bent. You may need to hold a chair back for balance. Repeat with opposite leg.

**Inner Thigh Stretch:** Sit with legs bent and the bottoms of your feet together. Lean forward slightly with a straight back. Your head and neck should be in line with the spine.

**Standing Hamstring Stretch:** Lean forward and touch your knees. Tell the children, “Don’t lock your knees. Keep them slightly bent.” This move will also stretch the lower back.

**Seated Hamstring Stretch:** Sit on the ground and extend your right leg straight in front of you. Bring your left foot in to your right knee and bend forward with both hands to touch the toes (or as far as you can) of your right leg. Do the opposite for your left leg.

**Calf Stretch:** Put your foot straight out. Reach down to your toe and slowly pull the toes backwards until you feel a stretch in the calf muscle.





inside back cover



RUN BY **PSR**

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