

COACH'S HANDBOOK



WELCOME

TO THE ALBERTA MEDICAL ASSOCIATION YOUTH RUN CLUB

Thank you for joining Alberta doctors in supporting healthy lifestyles in our youth by facilitating the Alberta Medical Association (AMA) Youth Run Club at your school!

This handbook contains all the information you'll need to start a run club at your school. Please ensure all coaches have the opportunity to read this handbook.

The AMA Youth Run Club aims to educate children about the importance of leading a physically active and healthy lifestyle while giving them an opportunity to be active through running. Its goal is to instill the importance of regular physical activity in children so they form healthy habits that become part of their everyday lives as adults.

In an effort to support coaches and our run clubs we have coordinators to help you. The AMA Youth Run Club Coordinators are available by phone 780-454-4745 or by email runclub@everactive.org.

Thank you for helping make the AMA Youth Run Club possible. Good luck to you and your runners!

TABLE OF CONTENTS

- 1 Coach's Checklist
- 2 Getting Ready
- 4 Safety & Running Attire
- 5 Running Distance Schedules
- 6 Tips of the Week & Stretches
- 7 Running Technique
- 8 Injury Prevention & Treatment
- 10 Making the AMA YRC Fun
- 11 Helping Participants Get the Most Out of the AMA YRC
- 11 Spice Up the Training
- 13 Circuit Training
- 15 Healthy Lifestyles
- 17 Tips for Participating in a Fun Run





COACH'S CHECKLIST

Register for the AMA Youth Run Club at www.amayouthrunclub.com

Review Coach's Handbook for tips on getting the AMA Youth Run Club started

Recruit other teachers or parents if necessary

Make copies of Coach's Handbook for other coaches

Decide which grades to include

Choose run days and times

Select and measure a running route

Tailor the parent letter provided and distribute to interested students

Promote the AMA Youth Run Club, preferably during an assembly where you can emphasize fun and the non-competitive aspects of the program

Print and post running logs

Find a fun run your participants can take part in or start planning to host your own (look for support on this in the online Coaches Corner)

Share important information with participants during first session:

- The importance of FUN
- Details such as run days, time and what's needed to participate (proper attire, footwear, sunblock, etc.)
- Safety guidelines for running
- The running route
- Tips on pacing and pushing themselves
- Runner's Handbook - to be sent home and read
- Runner's log in handbook for tracking progress
- Information about a fun run for your group may use as a final event
- Amounts and types of fluids to hydrate properly

Contact the AMA Youth Run Club Coordinators towards the end of run club with the number of participants who have completed the club and are entitled to receive a finisher's prize

GETTING READY

When to start the club

The main training programs (1, 2.1, and 4.2 kms) consist of 14 runs including a final fun run. If you plan on having one group run per week, you'll need to start 14 weeks out from the date of the fun run. The 5 km training plan includes 21 group runs. If winter conditions limit outside running, start early with indoor circuit training or running games. The length of the club is flexible and depends on availability of coaches and facilities. For example, club schedules have ranged from four weeks to many months.

Which grades to include

Although the majority of AMA Youth Run Club participants are in grades 3-6, the program can be tailored for any groupings from K-12. Note that younger participants require closer supervision, more adults, shorter running distances and safer running routes. You can build in student leadership opportunities for junior and senior high students using resources like the Practice Plan Builder.

Which training program to do

The training programs are offered as options for participating schools. Most schools choose their program based on the distance of the final run their group will do. As all running events allow walking, kids of all ages can do all 4 distances.

Meeting Spot

The gym is an ideal meeting spot as it allows for indoor workouts, but a large classroom will do as well. Find a space on the wall to post things like notices, "Tip of the Week," a running chart that tracks the group progress and a map or virtual tour of what your runners are doing.

Where to run

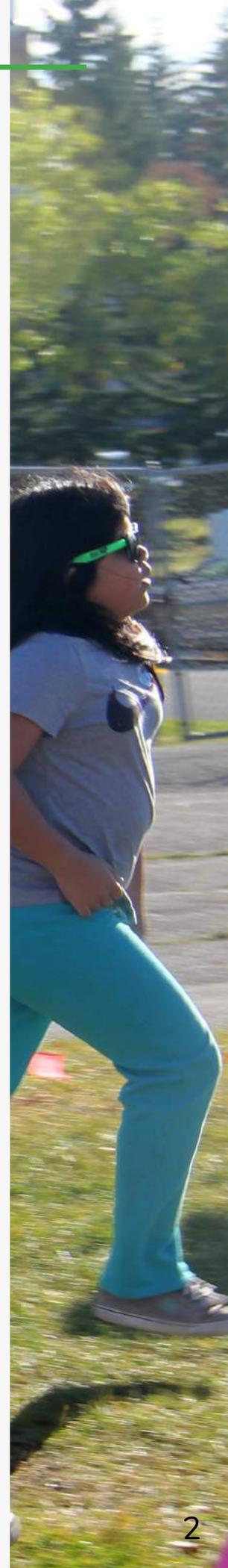
A 1 km training route is ideal (a loop or out-and-back) and can be repeated as distance increases. Try to minimize crossing streets if running off school grounds and try to avoid a route that contains hills. If running small loops on school grounds, see tips for making it fun on page 28.

When to run

- Morning runs limit the number of participants and time available to run but afford less sun exposure
- Recess runs limit running time but work well for schools whose students are bussed and have a short lunch break
- Lunch-hour runs are the most popular. Make sure participants eat after running!
- After-school runs are popular too as you're not limited for time, though some students may miss out due to other activities or transportation issues
- Avoid Mondays and Fridays as you'll miss several due to holidays/ PD days
- Having 2 runs per week allows you to offer one at lunch time and one after school

Recruiting Participants

In order to attract as many participants as you can (including students who may call themselves "non-runners") it's important to promote the AMA Youth Run Club in person, either class-by-class or during an assembly. This way, you can emphasize the fun, non-competitive aspect of the club and let the kids know that walking breaks are okay. By telling the kids about the AMA Youth Run Club goodies (handbook and finisher prizes) and final fun run, you may entice kids who normally don't participate in physical activity programs.





CONTINUED

Letter for parents

The Alberta Medical Association and Ever Active Schools have created a letter for parents, which can be tailored to suit your circumstances and includes a generic school permission slip. This is an easy way to share information about the AMA Youth Run Club and receive information regarding participants who may have health issues relevant to running.

Collect any medical information on participants and keep it handy during run club. Of particular importance is information related to medical conditions such as asthma, diabetes, allergies or history of sunburn which may be an issue while being active or outdoors.

Use the Practice Plan Builder

Found in the Coaches Corner, the Practice Plan Builder is a handy tool with lots of great activity ideas, and a template for building each session (i.e. warm-up, activity, cool down). If you have older students in your club, you may consider having them use the Practice Plan Builder to be leaders and assistant coaches for younger participants.

First Meeting

Discuss rules for participating, especially those related to safety. Describe the running route (have a map if possible.) Give information about what to wear, bringing a water bottle and your "inclement weather" plan. Distribute handbooks and encourage participants to share them with parents. Encourage participants to do bonus runs on their own to help improve their running.

Dealing with Inclement Weather

A little cold, snow or rain doesn't have to keep you indoors. Educate participants about proper clothing and use your judgement on when to move practices indoors. Below are some tips for indoor workouts:

- Don't do too much indoor running as it can be boring and hard on the body
- Limit indoor running to 20 minutes and alternate the run direction every 3-5 minutes
- Play music if possible
- If you have the space, running games and circuit-training are fun ways to keep participants moving
- Winter alternatives include snowshoeing, cross-country skiing and sledding

SAFETY

Keeping participants safe is your most important task. Here are some tips to help you do so:

- Use a short running route (1km or less) to prevent participants from being too spread out and/or far from the school
- Count your participants or do attendance before and after every run
- Run on sidewalks, fields or trails when possible
- Limit crossing streets
- Coaches should carry cell phones to use in an emergency
- If running on the road is unavoidable, run facing oncoming traffic and in single file
- The more coaches you have, the safer your club will be allowing you to have coaches groups of different speeds/paces

Encourage your participants to read the safety section in the runner's handbook, to make sure they know how to keep themselves safe while running at home. Go over the tips during one of the first group meetings.



RUNNING CLOTHES AND SHOES

AMA Youth Run Club participants don't need special running clothes to participate. Here's all they need to know about what to wear:

- Wear something comfortable that isn't too tight or too loose
- Dress to stay cool in the heat and warm in the cold
- Dress in layers
- Don't overdress; in fact, if you "under-dress" a little, you'll likely be just right
- Be sure to wear a hat and sunglasses outdoors if possible
- Have a change of clothes and footwear at school for wet weather days

Although proper running shoes are best for running, any kind of running shoe will do for the AMA Youth Run Club. For participants who plan on continuing to run once the club finishes, suggest they speak to parents about buying proper running shoes. Otherwise, here's all they need to know about shoes:

- Use sneakers, not dress shoes, boots, slippers, sandals or shoes with raised heels
- Make sure they fit properly (a thumbnail's space between big toe and end of shoe)
- Tie shoes properly: not too tight, not too loose
- Wear socks that won't fall down, wrinkle or cause blisters
- To dry wet shoes, stuff them with newspapers and leave them in a warm place

Have a student who needs support accessing running shoes? Contact us at runclub@everactive.org

RUNNING DISTANCE SCHEDULES

The Alberta Medical Association and Ever Active Schools have designed four training programs based on final run distances of 1, 2.1, 4.2, and 5 kilometers. Choosing a program depends mainly on the distance of the final fun run your group will do, but it also depends on how much time you have and what type of running route you use. If you're only able to do short runs at school, encourage your participants to do their long runs at home.

The distances in the 1 and 2.1 km programs are fairly short, so experienced runners may only be active for 5-10 minutes. In order to give participants a chance to be a bit more active, add some games, running drills or exercises.

For warm up and running games check out the Practice Plan Builder on the Coaches Corner at amayouthrunclub.com

1 KM Program

Run	Kilometers
1	0.5
2	0.5
3	0.5
4	0.5
5	0.75
6	0.75
7	0.75
8	0.75
9	1
10	1
11	1
12	1
13	0.5
14	1 Fun Run

2.1 KM Program

Run	Kilometers
1	1
2	1
3	1
4	1
5	1.5
6	1.5
7	1.5
8	1.5
9	2
10	2
11	2
12	2
13	1
14	2.1 Fun Run

4.2 KM Program

Run	Kilometers
1	2
2	2
3	2.5
4	2.5
5	2.5
6	3
7	3
8	3
9	3.5
10	3.5
11	3.5
12	4
13	3
14	4.2 Fun Run

5 KM Program

Run	Kilometers
1	2
2	2
3	2
4	2.5
5	2.5
6	2.5
7	3
8	3
9	3
10	2.5
11	2.5
12	2.5
13	4
14	4
15	4
17	4.5
17	4.5
18	4.5
19	5
20	3.5
21	5 Fun Run

MAKING SHORT LOOPS FUN

Some school groups have no choice but to use a short loop on their school grounds. Although it's not ideal, it can still be fun! Using fun, creative ways to count laps will help motivate participants to keep running. One example is having an adult, maybe even the principal, stand in one spot and give participants a "token" each time they pass. This can be a popsicle stick*, elastic band, counting cube, stamp or bingo dabber dot on a piece of paper. You can then track individual and group distances, which works well if your group is trying to run a specific distance, such as around Alberta or your community. Adding some of the ideas above, awarding stickers when participants reach certain distances works well to keep enthusiasm up.

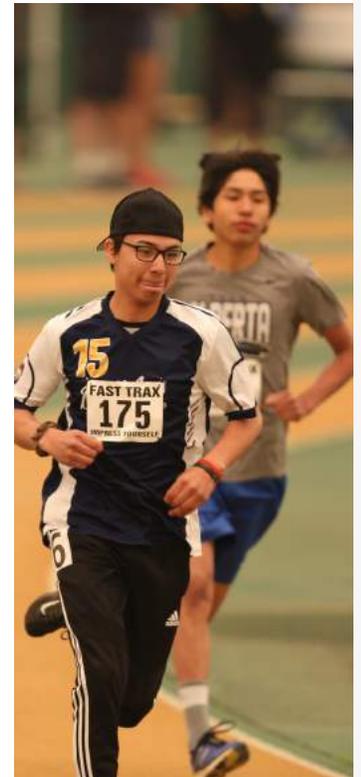
The schools that have the most success tend to have many parent volunteers each week. Be creative and be sure to share your ideas with the AMA You Run Club coordinator so they can be passed on to other schools.

*Use plain popsicle sticks to represent one lap and coloured sticks to represent five laps. This way the kids run harder to get the coveted coloured sticks.

TOPICS FOR 'TIP OF THE WEEK'

An important role coaches play is to provide information to participants. The Runner's Handbook includes a lot of the same information contained in the document but in less detail. Coaches will have the opportunity to share information on various topics at the beginning of every group run. Please use the information provided in this handbook to discuss the following topics with participants:

- The benefits of physical activity
- Safety when running on your own
- Proper running techniques (this can be ongoing)
- Pacing and pushing yourself
- Stretching - why it's important plus a few new stretches
- Running in cool temperatures
- Running in hot temperatures
- Sun protection
- Injury prevention and treatment
- Nutrition - this topic can easily be spread over a few sessions
- Hydration (water's best, limit sports drinks and avoid energy drinks)
- Cross-training alternatives
- Reducing screen time



STRETCHING

Stretching is an important part of running and can help prevent injuries and stiffness, leave muscles relaxed and long and improve performance. A warm-up with dynamic movement can include some range of motion exercises, but avoid static stretching. Static stretching should only be done after exercise and not before when muscles are cold.

Teach participants proper technique for all the stretches. As they may finish their run at different times, they will need to complete the basic running stretching in small groups. You can have participants take turns leading the stretches.

Share these tips with participants when teaching the stretches displayed in the Practice Plan Builder:

- Cool down by walking for a few minutes after running but before stretching
- Don't bounce while stretching
- Breathe and stay relaxed
- Hold all stretches for 15-30 seconds
- Play counting games, alphabet games or sing songs to help children hold stretches longer
- Shake legs out between stretches
- Repeat each stretch two or three times
- A feeling of tension or pulling should be felt in the muscle being stretched
- If there is a pain when stretching, tell the runners to ease off the stretch
- Stretch both sides of the body evenly
- Don't stretch an injured muscle unless recommended to do so by a health professional

RUNNING TECHNIQUE

Running with proper technique is important as it can improve performance, conserve energy and reduce the risk of running injuries. Runners of all ages will have a style that is unique and natural to them. That being said, there are still some basic aspects of running technique that can and should be covered. Do this head-to-toe checklist several times throughout your training program.

HEAD-TO-TOE RUNNING FORM CHECKLIST

- Run tall, with good posture
- Keep head level; look about 20 feet ahead, not down at the ground
- Head, shoulders and hips should be lined up over the feet
- Breathe deeply through your mouth
- Hold arms at a 90-degree angle and swing them front to back, not side to side
- Hands should be relaxed, not in a fist
- Avoid bending at the hip
- Get your pelvis in 'neutral' position by pointing an imaginary tail towards the ground
- Avoid pounding or slapping feet on the ground
- Focus on going forward, not up: don't bounce as it wastes energy and increases risk of injury
- The key to running well is a faster turnover (Cadence) or taking quicker steps. Aim for a stride rate of approximately 180 steps per minute (Try this quick 30-second count every now and then to help runners develop their cadence: using a watch, count how many times each foot touches the ground in 30 seconds and multiply by two, trying to get up to 180)
- Add a slight forward lean from the ankles (not the waist)

Note: Changes to running strides should be done gradually to avoid injury. Encourage participants to think about technique every now and then rather than try to make a sudden, complete change. Doing some running form drills is one way to have them work on proper form.

RUNNING UPHILL

- Maintain good posture, lean forward slightly (from the ankles, not hips), and avoid hunching over
- Take shorter strides
- Land on the balls of feet
- Pump arms more vigorously
- Look partway up the hill, not at the top of the rise or down at feet
- Maintain the same cadence on a hill as on the flats, but not the same speed. (Cadence means how often the feet hit the ground versus speed, which is how quickly the runner travels)
- Every hill is a chance to get stronger

RUNNING DOWNHILL

- Lean forward slightly
- Lower arms slightly
- Keep knees bent and land heel-toe to help absorb the pounding
- Maintaining normal cadence, allowing stride to lengthen slightly without bounding down the hill

BREATHING

- Runners should expect to breathe heavily when running
- The body needs lots of oxygen while running so breathe in and out through the mouth
- If runners are breathing so hard they can't talk in short sentences, they're running too fast
- Breathing will be heavier going up-hill or into the wind

RUNNING WITH ASTHMA

Runners who live with asthma can still participate fully in the AMA Youth Run Club. There are many endurance athletes with asthma who participate at all levels of sport. Warming up and taking breaks when necessary are very important for runners with asthma to properly control their symptoms. Encourage youth who have asthma to join the AMA Youth Run Club. Many may already participate in sports involving vigorous activity and know how to manage their asthma. If not, encourage them to talk to their doctor about how to best control their asthma when running.

Make sure you are aware of any medication requirements like puffers and preferably speak with a parent about what to do in the event of an asthma attack.

PACING AND PUSHING YOURSELF

The biggest mistake most new runners make is running too fast and giving up too soon. Participants in the AMA Youth Run Club prepare to complete a final fun run of 1, 2.1, 4.2, or 5 kilometers. If they run too fast, they'll probably need frequent walking breaks. If they don't learn to push themselves a bit, it will be hard for them to improve.



Most kids have two speeds: slow walking and fast running, so you'll need to teach them about the different paces of running and walking. Using a follow-the-leader style, do an easy then brisk walk, followed by an easy jog, a moderate jog or run and then a sprint so they can feel the different paces.

TIPS REGARDING PACING

- Have participants warm up by walking or jogging. Have a coach or participant lead the warm-up pace to ensure it's not too fast
- Once warmed up, remind participants to keep the pace slow
- Encourage participants to try a slower jog rather than walk as they get tired
- Encourage participants to run with those who run the same pace

TIPS REGARDING WALKING BREAKS

- Challenge participants to push themselves a little by running an extra 30 seconds or steps before taking a walking break
- Keep walking breaks short (30-90 seconds)
- When walking, keep the pace fast
- Use a pattern to alternate running and walking, for example: running for three minutes, walking for one; running between four telephone poles, walking between two; or running two blocks, walking one



RUN. FOR YOUR FUTURE.

We're a proud supporter of the AMA Youth Run Club—where kids live, learn and play. Let's get active.

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INJURY PREVENTION & TREATMENT

PREVENTING INJURIES

Preventing injuries is something coaches and participants should always keep in mind. It's very discouraging to have to stop running due to an injury. Follow these tips and remind your participants about them often:

- Each workout should start with a warm-up of brisk walking or slow jogging, no static stretching until after the run
- Go through the head-to-toe running form checklist often
- Never try to run through pain that makes you limp or change your stride
- Follow every run with stretching
- Avoid the "terrible toos" - doing too much, too soon, too fast
- Increase running distances and speeds gradually



TREATING INJURIES

Most new runners will experience aches and pains as their bodies adapt to being used in new and more challenging ways. Some stiffness is to be expected when beginning running and stretching, especially if the individual hasn't been physically active on a regular basis. This kind of soreness will be spread evenly on both sides of the body and will be experienced one and two days after running. For example, new runners may have sore thighs or calves after their first few runs. This kind of soreness may be worse one or two days after running, but will gradually reduce with consistent training and should not stop students from running. Other aches and pains, especially ones that don't go away, may need more attention, possibly from a doctor or physiotherapist.

The running distances in the AMA Youth Run Club increase gradually, allowing participants to adjust to the new activity and prevent injuries resulting from doing too much too soon. Most common running injuries like muscle strains and sprained ankles can be treated by the participant under the supervision of an adult. These kinds of injuries should be treated using the R.I.C.E method described below:

- **Rest:** Take a few days off running or any activity that creates pain in the injured area.
- **Ice:** For the first 48 hours after the injury, apply ice to the area for 10 to 15 minutes three or four times a day. An ice pack, bag of frozen vegetables or crushed ice can be used. Cover the skin with a thick cloth before applying ice.
- **Compression:** Apply a wrap to the area to prevent swelling. It should be snug but not so tight that the area becomes cold or falls asleep.
- **Elevate:** Keep the injured area up on a pillow, above the heart as much as possible. This will reduce the blood flow to the area and prevent further swelling.

If participants experience a sharp pain anywhere while running, they should slow down or walk for a while to see if the pain goes away. If the pain doesn't go away, they should tell an adult. If participants have an injury that isn't improving, especially after using the R.I.C.E. method, advise them to stop running until they see a physician for an assessment, diagnosis and treatment that will commonly include the services of a physiotherapist. Contact parent(s) or guardian(s) and give them any information you have about the injury. Advise them to consult with their family doctor or physiotherapist before returning to running. Unless you are professionally qualified to do so, don't evaluate or diagnose a participant's injury yourself.

MAKING THE AMA YOUTH RUN CLUB FUN

MOTIVATING PARTICIPANTS

Keeping your participants coming back each week will not only benefit them individually, but also keep group morale high. Here are some examples of ways to encourage participation:

- Play games that incorporate running
- Have a final fun run planned
- Track progress by logging individual and/or group distance.
- Spending time running/walking beside as many of the participants as possible, helping them with pacing and offering encouragement and tips on how they can improve
- Encourage participants to do bonus runs at home
- Name your running club, incorporating the school name, such as Ridgecliff Runners
- Purchase t-shirts with club name through fundraising or support from the Parent-Teacher Association, contact the AMA Youth Run Club coordinators if you'd like to use the Run Club logo: runclub@everactive.org
- Have treats like bottles of water and fresh fruit after each workout or every other week
- Challenges: Challenge classes, staff and parents to participate. Challenge another school with a similar population size to see who can get the most participants or most kilometers logged. Challenge or invite parents to come out and join their children at least once
- Final draw: Have a few bigger items, preferably donated. Participants receive a ballot for every run they attend, which goes in the hat for a draw for a final grand prize. The more often they come, the more chances they have to win
- Invite guest speakers to talk about running, nutrition and other forms of physical activity
- Give your participants information about other events they may want to train for and participate in. It helps to have specific goals in mind when training
- Have music playing when the group is together at the times the coach doesn't need to be heard



HELPING PARTICIPANTS GET THE MOST OUT OF THE AMA YOUTH RUN CLUB

- Have as many adult volunteers or coaches as possible. This will allow for different speed groups
- Let your students run together as a large group for a few sessions before breaking them into smaller groups.
- Break participants into groups based on the amount of walking they do. For example, one group may do mainly walking, gradually adding more running, while another may do equal portions of running and walking and another may be running non-stop.
- Offer different workouts for different groups if needed. Running is a great activity for children and youth of all ages; however, it is important to remember to give children and youth an opportunity to explore a wide range of movements in a variety of environments to encourage the development of physical literacy.
- When training for running, incorporating many of the Fundamental Movement Skills (FMS) can help further develop running abilities and performance but can also lead to the participant having greater self confidence and being an overall more competent mover. This development of a physically literate individual increases their chances of staying active throughout their lifetime and thus living a healthier, longer life.
- Remember to always keep it fun!



SPICE UP THE TRAINING

Most running programs include tempo, speed and hill workouts as a way to improve speed and power and add variety to training. These kinds of workouts are normally added after participants have been running for a while. Advise your new runners to take it easy during these workouts. Only one of these workouts should be added each week (i.e. hill workout one week, tempo or interval the next), ideally followed by a rest or easy day. You may not have time to include these workouts in your group sessions, but you can give participants some instruction on how to do them as bonus runs.

TEMPO RUN

A tempo run helps the runner prepare their body to maintain their "race-pace." Start with a 10-minute easy jog warm-up followed by the tempo run. The pace will be only slightly faster than the runner normally does in their group runs. The length of the tempo run will depend on the distance the runner is preparing to race. For a 4.2K race, a tempo run of 10 minutes is sufficient. For a 5K distance, a 10-15 minute tempo run will do. It's best to have an adult supervise this kind of training to ensure the youth do not overdo it.

ABC RUNNING DRILLS

Complete these drills on the balls of the feet with elbows bent at 90 degrees.

A (high knees; can be a walk, skip or run)

- Drive one knee up so the thigh is parallel to the ground. Switch legs and repeat, moving forward at a walk, skip or run

B (can be performed at a march or skip)

- Similar to A, do a high knee motion, followed by a pawing action (like a horse). Switch legs and repeat, moving forward at a march or skip

C (glute kicks)

- Kick one heel up to touch the glute, using your hamstrings. Switch legs and repeat

HILL WORKOUT

- Find a hill that is 50-100 meters long, not too steep, but steep enough that participants notice the incline when running up it.
- Participants should do 5 to 8 repeats of running up the hill and walking or jogging back down. Tell them not to sprint, but instead run at about 75% effort.

PICK-UPS/FARTLEKS

Adding some of these to a regular run is a great way to not only improve running in general, but can turn a challenging run into a good one. Fartleks are short spurts of faster running added to normal runs after warming up and can last from 20-90 seconds. They are not meant to be all out sprints and should not be so numerous the participants is exhausted after the workout. Their purpose is to add a little challenge and perk up the run.

INTERVAL WORKOUT - JUNIOR/SENIOR HIGH

- This workout will help improve power and speed for running. An ideal location for an interval or speed workout is a track or flat field. Measure distances of 100, 200 and 400 meters. Use a watch if possible.
- The workout is made up of repeats of different distances to allow for unique and appropriate challenges for all participants. These repeats are not meant to be all out-sprints. Participants should run at about 75% of their full effort. As with the hill workout, they should finish feeling like they could do a couple more repeats. Below are some examples of interval workouts. The first two are for new runners and the second two are for more experienced runners. Only choose only workout per training session.

200 m x 3 (1 minute walking break between each 200m)
2 MINUTE BREAK

100 m x 4 (1 minute walking break between each 100m)

200 m x 5 (1 minute walking break between each 200m)
2 MINUTE BREAK

100 m x 6 (1 minute walking break between each 100m)

200 m x 2 (1 minute walking break between each 200m)
2 MINUTE BREAK

100 m x 6 (1 minute walking break between each 100m)

400 m x 2 (1-2 minute walking break between each 400m)
2 MINUTE BREAK

200 m x 2 (1 minute walking break between each 200m)
2 MINUTE WALKING BREAK

100 m x 4 (1 minute walking break between each 100m)

CIRCUIT TRAINING

Circuit training is a great option for an exercise alternative for inclement weather days. Due to the climate in Alberta, there will be days when the weather may prevent outdoor running. If you have access to a gymnasium or large classroom, you can provide the participants with a workout that will challenge them aerobically and work on their strength. Circuit training involves moving from one exercise to the next with minimal rest between sets.

SETTING UP FOR A CIRCUIT TRAINING

- Break participants into small groups
- Organize the stations so that similar activities are not beside each other
- Demonstrate all exercises before beginning
- Post a sign and picture at each station describing the exercise to be done
- Use a stopwatch and whistle to move participants from station to station
- Music can be used to motivate participants and indicate when to switch stations
- Each station lasts one minute, with 30 seconds to move to the next station
- The number of stations you have will also dictate how long the workout is

SAMPLE EXERCISES K-6

Bicycle: Have participants lay on their back, alternating touching opposite elbow to knee, keeping shoulders off the ground

Back Strengthening Exercises: Back extensions are done lying face down and lifting arms and legs either separately or together. Participants hold the position for 10-15 seconds, rest and repeat. An easier version is to alternate raising left arm and right leg, then right arm and left leg

Kick Backs/ Butt Kicks: Have participants do a running motion and try to kick their buttocks with alternating feet. This is done on the spot, as fast as possible and with knees pointed towards the ground.

Skipping on the Spot: Have participants skip continuously on the spot. Ensure this station had enough space to accommodate the number of students skipping

Wall Jumps: Have participants stand facing the wall. They must jump off the ground with both feet and try to touch their hands as high as possible on the wall.

Step Ups: Have a box, step or bench that will not tip as participants step on it simultaneously. Have them step up with one leg, touch the top of the step with the other foot, and then step back down. The height of the step should not be greater than 12-18 inches.

Wall Sits: Have participants lean against the wall and bend down into a sitting position. They will need to walk their feet out slightly in order to do this. Their knees should be at a 90 degree angle. Participants should hold this position until they need a break

Shuttle Run Relay: This can be done if you have groups of four or more per station. Designate a distance of approximately 10 meters and mark it with a pylon. Have each person run to the pylon and return to the end of the team's line.

Running Laps: Set up pylons to prevent corner cutting and stop participants from running through other stations

Calf Raises, Burpees and Jumping Jacks are additional exercise options

SAMPLE EXERCISES 7-12

Modified Plank: Great core exercise. Have participants lay face-down on the floor with weight resting on forearms and toes, keeping the rest of the body flat like a plank of engaging the abdominal, glute and lower back muscles. It's important to keep the spine in-line with head looking at the floor.

Push-ups: The push-up is a great upper body exercise. Remind participants to keep their bodies flat, hands under their shoulders and not allow their butts to stick up. The three-quarter or modified push-up is easier and is done with the participants' weight being supported on their knees rather than toes. This exercise is meant to be done slowly.

Lunges: Have participants stand with their hands on their hips and alternate stepping forward with each leg, letting their weight drop so the front leg bends at a 90-degree angle. The lunge should stop when the knee is in line with the toes. Lunges should be done fairly slowly. options are walking lunges, step-back lunges, twisting lunges or lateral lunges

High Knee Leg Rises: Have participants go through the running motion with an exaggerated knee lifting action and hopping off the ground. The direction of motion is more upward not forward so this can be done on the spot. The upper body is kept upright with arms pumping vigorously. This exercise should be done at a quick tempo.

Tricep/Bench Dips: Use a bench or step that won't tip for exercise. Students have their backs to the bench and reach back so their hands are on the edge of the bench, fingers pointing towards their body. They should walk their feet out slightly so their knees are bent at a 90 degree angle. The students then drop and lift their weight by bending and straightening their arms.

Squat Jumps: Have participants squat down part way and then jump up, in an explosive manner, reaching as high as they can, returning to the squat position.



HEALTHY LIFESTYLES

It's important to share information regarding the benefits of physical activity with participants. The hope is to not only educate them but to motivate them to continue leading active, healthy lives. Please share the following information during one of your "tip of the week" sessions.

Being active everyday can improve your health and well-being by:

- Building strong bones and muscles
- Strengthening your heart
- Lowering your risk of disease
- Helping you grow and develop properly
- Promoting good posture, flexibility and balance
- Helping achieve a healthy weight
- Providing a chance to meet new friends
- Improving self-esteem
- Helping you deal with stress and to relax
- Increase energy levels
- Having a lot of fun

NUTRITION

Inactivity is only one of the unhealthy habits leading to the increase in overweight, obesity and disease in today's society. Poor eating habits are equally to blame and we must do something to improve them. You're in a position to not only provide participants with information about healthy nutrition but to have an impact on their eating habits by convincing them of the importance of taking care of their bodies. Remind them they have only one body to last a lifetime and that it will perform and last better if it's run on high versus low quality fuel.

We have included some basic information in the Runner's Handbook about healthy food choices and encourage you to remind participants of ways they can strive for a healthy diet. Please share the following tips with participants:

- **Eat three meals a day, including breakfast**
- Follow Canada's Food Guide to learn about healthy food
- Learn how to read food labels and ingredient lists
- Drink lots of water throughout the day
- Including at least one vegetable or fruit with each meal and snack
- Choose lower fat milk products such as skim or 1%
- Avoid foods and drinks high in sugar, fat, sodium and artificial ingredients
- Pack healthy snacks and lunches for school or outings



HYDRATION

Staying properly hydrated by drinking water regularly is important when exercising and for overall health. Whether being active or sitting in class the body needs water. In fact, over 60% of the body required water to function properly, so encourage participants to drink healthy drinks regularly throughout the day.

Drinking fluids is especially important when exercising as it replaces water lost through sweat, helps you perform to the best of your ability, prevents dehydration and helps maintain a healthy body temperature.

Here are some tips regarding hydration:

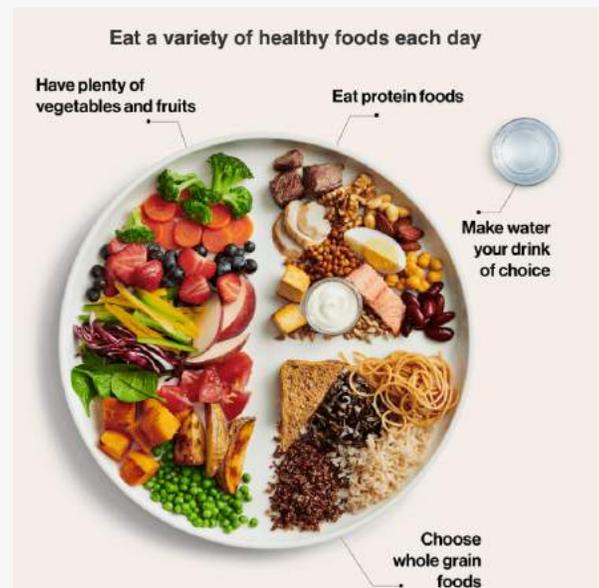
- Encourage participants to drink water throughout the day
- Participants don't need to carry water with them during their runs unless running for longer periods (more than 40 minutes) or on very hot/humid days
- Sports drinks taste good, but are only necessary if exercising for more than 45-60 minutes without rest or in extreme heat or humidity. Sports drinks can be hard to digest resulting in a stomachache and contain lots of sugar
- Sweating still occurs when running in colder temperatures so remind participants to stay hydrated when exercising in the winter
- Low fat milk can be a great post-exercise drink as it contains water, carbohydrates and protein
- Caffeinated drinks are not recommended for children and youth and should be discouraged

FUELLING FOR EXERCISE

Canada's Food Guide recommends to eat plenty of fruits and vegetables, whole grain and protein foods. A healthy diet consisting of a variety of foods and beverages will prepare participants for any type of exercise, including running. There's a lot of information available regarding what our bodies need before, during and after exercise, but it can be confusing.

Here are some basic tips to share with participants regarding fuelling before, during and after running:

- Plan your meals and snacks so that you run two hours after a meal, but have a snack to prevent starting your run feeling hungry
- Eating during exercise isn't recommended as you will likely get a stomach ache, especially if you're doing an activity like running that involves bouncing. However, if you know in advance that you'll be active for several hours, like at a track meet or tournament, you'll need to bring healthy snacks that can be eaten in small quantities. Some examples are fruit, yogurt, cereal or granola bars, small amounts of nuts or seeds, or cheese and crackers
- Refuelling after running is also important, especially if you've had a long or hard workout. Drinking water and having a healthy snack will do the trick in most cases



<https://food-guide.canada.ca/en/>

TIPS FOR PARTICIPATING IN A FUN RUN

- Remind participants that drinking too little or too much water can have a negative effect on their performance. They should be well hydrated before the run and unless they expect to be running long distances (i.e. over 5 kilometers) won't need to bring a water bottle on the course with them. Most fun runs have water stops which will be sufficient for keeping them hydrated, and they should of course have their water bottle for after the run.
- Remind participants to have a healthy meal approximately two hours before the event and make suggestions on healthy food choices.
- Runners should check the forecast in order to know what to wear. Dressing in layers will allow them to remove items as they warm up.
- If the temperature is hot or gets warmer during the race, runners should make sure they don't push themselves too hard. Higher temperatures will increase the need for water and can make running more difficult.
- Stress the importance of running at the pace they've been doing during their training. Getting caught up in the excitement and trying to run faster because it's a fun run or race will likely result in them getting tired sooner and possibly not completing the distance.
- It doesn't hurt to remind participants to tie a double bow in their shoelaces.
- Remind participants to keep it fun. Being too serious may take away from the enjoyment of the whole experience.

