

RUNNING ACTIVITIES

Clubs are free to choose and follow a program that works for their needs. Should you want inspiration or would like to follow a training program, we have shared our favourite main activities you can try with your club to work on pacing, intervals, sprints and distance runs.

DISTANCE RUN

GRADE: K-12

EQUIPMENT: NONE

1 KM PROGRAM		2.1 KM PROGRAM		4.2 KM PROGRAM		5 KM PROGRAM	
Run	Kilometers	Run	Kilometers	Run	Kilometers	Run	Kilometers
1	0.5	1	1	1	2	1	2
2	0.5	2	1	2	2	2	2
3	0.5	3	1	3	2.5	3	2
4	0.5	4	1	4	2.5	4	2.5
5	0.75	5	1.5	5	2.5	5	2.5
6	0.75	6	1.5	6	3	6	2.5
7	0.75	7	1.5	7	3	7	3
8	0.75	8	1.5	8	3	8	3
9	1	9	2	9	3.5	9	3
10	1	10	2	10	3.5	10	3.5
11	1	11	2	11	3.5	11	3.5
12	1	12	2	12	4	12	3.5
13	0.5	13	1	13	3	13	4
14	1 Fun Run!	14	2.1 Fun Run!	14	4.2 Fun Run!	14	4
						15	4
						15	4.5
						17	4.5
						18	4.5
						19	5
						20	3.5
						21	5 Fun Run!

- Run around your gym or school field using these distances as a guide based on your final run distance.
- If your participants finish the 4.2 km program they'll have run a virtual marathon (42.2 km) when they are done!

ANIMAL PACING GAME

GRADE: K-3

EQUIPMENT: NONE

This game is a fun way to teach participants about pacing.

- Pick an animal to symbolize different walking and running paces such as a turtle for walking, donkey for slow jogging, horse for running and cheetah for sprinting.
- Call out the different animal names and have participants move across the space at the appropriate pace.
- There is no winner in this game.

WHEEL RUN

GRADE: K-6
EQUIPMENT: NONE

- Each spoke is a different route with the coach standing in the centre.
- One route may be out around a tree and back to the start. Others can be up a short hill and back or to the playground to do the monkey bars and back.
- Send a different child off on each spoke and rotate so each child does them all.
- If there are more kids than spokes, send them off in waves 30 seconds apart.

BUTTERFLY

GRADE: K-12
EQUIPMENT: PYLONS

- Set up cones in the shape of a butterfly. This butterfly should be big enough to let kids run and jog around it for a decent amount of time.
- This particular butterfly shape should be symmetrical, with a straight line down its centre.
- This centre line is called the "sprinting lane" while one side of the butterfly is the "jogging lane" and the other side of the butterfly will be the "walking lane."
- Have your kids start to jog around one side of the butterfly shape, then have them sprint down the centre of the butterfly before walking around the other side of the butterfly.
- Have them run on the course until tired.

CIRCUIT TRAINING

GRADE: K-12
EQUIPMENT: NONE

- Circuit training involves moving from one exercise to the next with minimal rest between sets.
- Break participants into groups of four to eight.
- Organize the stations so similar activities are not beside each other (e.g. wall jumps should not be beside wall sit).
- Each station lasts one minute, with 30 seconds to move to the next station.
- Sample Exercises: bicycle, modified plank, running laps, skipping on the spot, wall jumps, lunges, butt kicks, push-ups, step-ups, etc.

CATCH-UP/CENTIPEDE

GRADE: K-12
EQUIPMENT: PYLONS

- This is more of a running drill and an easy way to add some distance to a workout.
- Have participants line up behind one another in groups no larger than eight to 10. These groups will jog laps around a specific area or to a destination and back.
- The goal is for the last person in line to sprint to the front of the line. The pace needs to be fairly slow for this drill to work.
- Have the groups keep running until everyone has been to the front a few times.
- The Centipede version involves using a baton which is passed from the front to the back. When it reaches the last person, they run to the front of the line and pass it back.

LADDERS

GRADE: K-12

EQUIPMENT: NONE

- Break the group into two teams.
- Two lines are formed, facing each other. Have participants sit down, legs out, feet just touching, forming a ladder shape.
- Give each pair a number. When a number is called, the two opponents jump up, run over the legs of the other pairs in one direction, then runs outside the ladder to the other end and then continues over the legs of the other pairs until they get back to their spot.
- The first person back to their spot wins a point for their team. Be sure to space the seated pairs with enough room for players to run between their legs without stepping on anyone.

PACING TRIANGLE

GRADE: K-12

EQUIPMENT: PYLONS

- Set up a triangle in a gym or field using three pylons, 25-50 metres apart.
- Participants will walk between pylons 1-2, jog between 2-3 and sprint between 3-1.
- Repeat several times and change directions after a few minutes.

OBSTACLE COURSE

GRADE: K-12

EQUIPMENT: VARIES

- This can be done inside or out, depending on the size of your group and space available.
- Include as many actions as possible such as going over, under, or around items; crawling, hanging, hopping, skipping, etc.
- Participants can do this individually, one after another, or in a relay format.
- Include some calisthenics like push-ups, sit-ups or lunges somewhere in the obstacle course to add some variety.

RELAY RACES

GRADE: K-12

EQUIPMENT: PYLONS

- There are an endless number of relay races to choose from.
- Use forward, backward or sideways running, hopping, skipping, crawling, cart-wheeling, running in pairs, wheelbarrows in pairs, leap frog, etc.
- Incorporate actions like sit-ups, push-ups, or jumping jacks at the turnaround spot.
- If you want to keep participants really active, have them do jumping jacks or run on the spot while waiting their turn to go.

PICK-UPS/FARTLEKS

GRADE: 7-12

EQUIPMENT: NONE

- 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 participant is exhausted after the workout.
- Their purpose is to add a little challenge and perk up the run.

TEMPO RUN

GRADE: 7-12

EQUIPMENT: NONE

- 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 over do it.

HILL WORKOUT

GRADE: 7-12

EQUIPMENT: NONE

- Find a hill that is 50-100 meters long and not too steep, but steep enough that participants notice the incline when running up it.
- The hill should be in a safe location, ideally away from traffic, with footing that is fairly smooth. Participants should avoid running on the road.
- Have participants do five to eight repeats of running up the hill and walking or jogging back down. Tell them not to sprint, but instead to run at about a 75 per cent effort.
- It may not necessarily be faster than the speed they do when jogging.
- They should finish this workout feeling like they could do a couple more repeats.
- If not, they've probably run too fast or done too many repeats.

INTERVAL WORKOUT

GRADE: 7-12

EQUIPMENT: TIMER

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 2 (1 minute walking break between each 200m)
2 minute break

100 m x 6 (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)

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)