

PRACTICE PLAN 10-12

TALKING TIP

Preventing Injuries: always warm up before running by walking or jogging slowly, try to improve your running technique, wear running shoes that fit and are tied properly, avoid the terrible too's - doing too much, too soon, too fast, increase your running distances and speeds gradually, stretch after every run.

WARM UP

Yin & Yang

Everyone grabs a partner and decides which partner is it. Make sure clear boundaries are set. 1 partner is always running, 1 is always balancing. If one partner starts to run the other must stop and balance (poses). If you are balancing you cannot be tagged so you must watch your partner and if your partner starts to balance you must run. One group of two are the taggers, if they tag another team they are now it. The taggers should hold soft object they can pass on to the next team to be it so it is clear who is it.

MAIN ACTIVITY

Interval Workout

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

2 minute break

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

COOL DOWN

Stretches:

Quadriceps, calves, hamstrings, hip & glutes, shoulders, arms clasped behind back



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TALKING TIP

Getting rid of a side stitch: Slow down a bit but keep running, breathe in through your nose and blow out hard through your mouth for 30 seconds or until the stitch goes away.

WARM UP

4 Leaf Clover

Set up four different colour cones (or polyspots) to make a large square. Break participants into four groups of three and dedicate 1 player from each group as protected. Protected players will wear a pinnie and the groups will start together in the centre of the space. There will be 2-4 taggers who each start at one of the cones. On "GO" taggers try to tag the protected player before each team reaches their cone. If you have more than 4 groups just add an additional cone for every group.

MAIN ACTIVITY

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.

COOL DOWN

Stretches:

Hands up to the sky, hip flexors, lower back, standing adductor, inner thigh stretch, hamstrings

