

AK&M Ready, Set, Run

12

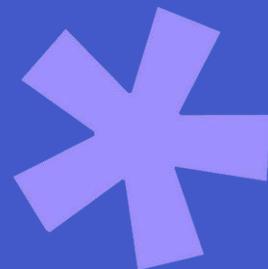
**Weeks to train
for a 2k or 5k!**

**3 days a week
45-60 minute training
sessions**

Active[®]
KIDS + MINDS

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About Active Kids and Minds

We are a physical activity program for kids of all ages and abilities designed to get kids active and establish a lifelong commitment to health and fitness. Originally our name was BOKS kids but in 2024 we rebranded to Active Kids & Minds (AK&M). We are on a mission to make physical activity and play a part of every child's day and help them find their inner athlete.

Program Highlights

01

Variety of Resources

Resources include functional fitness lesson plans, speciality and seasonal lesson plans, short movement breaks, training and more!

02

Evidence-Based and Measurable Results

Proven to improve academic performance, mental health, and physical health. Curriculum is science-based and designed to inspire a lifelong love of movement.

03

Empowerment and Collaborative Effort

Empowers community role models and provides leadership opportunities for older children. Emphasizes a preventative approach involving parents, schools, private, and public sectors.



**Sign Up today for
FREE and join our
one million
members!**

Welcome Athletes!

Yes, that means **YOU**—because anyone with a body is an athlete! This 12-week running program is crafted to help young athletes build strength, boost confidence, and grow both physically and mentally. Staying active is vital for everyone’s health and happiness, so let’s embark on this journey to a stronger, healthier you!

The Workouts

This program focuses on developing your cardiovascular stamina, as well as your muscular strength, all with the goal of helping you to run a 2k or 5k race! The program features three workouts per week: one focused on bodyweight exercises to build strength, one focused on cardiovascular exercises to get your heart pumping, and one focused on progressive running techniques to build up your time and endurance.

Strength & Cardio: Our fitness coaches will guide you through the new skill every week with video demonstrations and explanations. The Coaches want to help you become stronger, healthier, and happier. The best part? The exercises will improve your strength and endurance to help keep you energized throughout the week.

Running: Grab your running shoes and a positive mindset, and let’s get started! Each running session will begin with a 1-minute walk to get your heart pumping, then move to stretching to help loosen your muscles. Next, you will work to build your strength and stamina by practicing brisk walking, running, a run-walk combination, longer endurance runs, and shorter sprints. Try to focus on how many minutes you are moving rather than how far you can get. The running program is flexible and can be completed outside if you have the right setting and weather or inside if that’s a better choice for you and your family.

Celebration Run

At the end of the 12 weeks, it’s time for your celebration run! Your goal is to run or move for 20 minutes continuously. If you need to catch your breath, slow down, or rest for a moment, that’s okay! When you feel ready, you can pick up the pace again. WOW, that felt really good; AWESOME JOB!

Running for Time vs. Running for Distance

For beginning runners, it is important to focus on how many minutes the kids are active – not how far they manage to get in that time. The goal throughout the program is to focus on increasing strength and endurance, which will ultimately result in increased distance. You will celebrate their success with a fun run at the completion of the program.

Setting the pace

Everyone's cadence is different, and part of the enjoyment of running is to learn yours. Do the kids like to sprint and then walk? Do they prefer longer, slower paced jogs? Equally important is learning where they like to run. Running on the street or sidewalk is quite different from running on a trail through the woods or at the track at a local school. If possible, try different routes and settings to allow the kids to explore their interests. The more they enjoy their run, the more likely they are to stick with it.



2K

How far are 2k and 5k?

The first thing you need to do is figure out how far of a distance 2 and 5 kilometers are. You can do this by hopping in a car and tracking it on your odometer, or by pulling up a local website map that will give directions or use one of the many free running apps. We recommend doing this before you begin your first day and discussing as a group so you all have a visual of your goal distance.



5K



Implementing a Successful Running Program

Please keep the following things in mind while setting up your running program.

Space

We encourage you to get outdoors as much as possible with the running component of this program. Ask the kids to be prepared with gear for all types of weather. If the outdoors is not an option, you can get creative and modify the program using gymnasiums and hallways.

Safety

Keeping kids safe is the number one priority. Follow policies set out by your school district. Consider the following suggestions:

- Use a short running route within the school grounds.
- Sign kids in and out from the running program.
- Have a ratio of 1:20 trainers to kids to help support kids of different speeds.
- Carry two-way radios if available or cellular phones to use in an emergency.
- Have a first aid kit accessible and know where an AED (automated external defibrillator) is located. Ideally, one person on your team is CPR (cardiopulmonary resuscitation) certified.

Gear

A pair of running shoes

It is important that your kids have running shoes that are comfortable and are appropriate for where you are running. For example, shoes with deep treads might not be great if you are running on trails, as rocks and twigs could get caught in them. If you are running on concrete, you may want shoes that help absorb some of the impact. Remind the kids to tie their laces.

Comfortable socks

No one likes a blister. Be sure they wear socks that cover the back of their heel and protect it from their shoe rubbing on their skin.

Water bottle

Remind kids to bring a bottle of water to running each day. They will need to stay hydrated.

(continued on page 7)

Implementing a Successful Running Program

Gear

(continued)

Dress for the weather

Make sure the kids dress for the weather so you can get outdoors as much as possible. Hats and gloves help on chillier days. Dressing in layers is also a great idea.

A timer

Timers, particularly Tabata timers, can be downloaded for free on most smartphones. This will be useful for some of the activities.

Music

Music isn't necessary, but it sure makes running more fun. Be sure to put on a favorite group playlist to stay motivated during a session.



Let's do it!



How to use this resource?

We encourage you to set up a program that meets three times a week for at least 30 minutes each time.

Adapt this program to the needs and physical activity levels of the kids. Make modifications as necessary. Please note that although we refer to “running” throughout this document, we strongly encourage all types of participation and hope that we will have some kids “rolling” through these workouts as well. These lessons have been set up to gradually progress and build endurance over the course of the program. Much of this progression is through consistent movement and running. Please adapt the specific activities to lengthen the run times or shorten them based on the needs of the kids. We want everyone to feel successful in this program based on their own personal achievements.

Rate of Perceived Exertion

HOW SHOULD YOU FEEL?



To guide you through the activities effectively, the Rate of Perceived Exertion will be used to indicate the recommended effort level for each activity. This helps make sure we are not working out too hard and being unsafe, but also helps make sure we are working hard enough to get all of the benefits of a good workout!

For the most part, we want to be working out in the MODERATE TO VIGOROUS (green) zones. Warm up can be in the LIGHT (yellow) zone to start, and then we want to progress towards moderate to vigorous. We should sustain the HARD (yellow) and DIFFICULT (red) zones for a short period of time only, and only after a thorough warm up.

- Zone 1 and 4 = Only want to be here for a short time.
- Zone 2 and 3 = This is where you want to be.
- Zone 5 = Caution.

Meet the Fitness Experts



Carleen
Tucker

Carleen Tucker is a certified AK&M Trainer. During the day, she serves as a Director of Development at the Salvation Army. Carleen is also a mother of four (two boys and a set of boy-girl twins). She has run three Boston Marathons and is committed to ensuring everyone has opportunities for healthy living and access to nutritious food.

Austin Malleolo is Senior Director of Strategy & Operations for CrossFit Main. Over the past decade, he has taught seminars worldwide and competed in the CrossFit Games.



Austin
Malleolo



Tom
Miazga

Tom Miazga is a former Paralympic swimmer and the 2018, 2019, and was the Fittest Seated Man on Earth (WheelWOD CrossFit Games). Tom did not want his disability to hold him back. With support from his family and coaches, Tom learned that anything can happen if you are willing to work for your goals, and his hard work took him to the 2008 Beijing Paralympic Games at 17! Now, Tom is a swim coach and an L-1 trainer and continues to train as a CrossFit athlete.

Meet the Fitness Experts



Denise
Thomas

Denise Thomas is currently a Coach Development Manager at CrossFit, LLC. She played professional soccer (Boston Renegades and Irish National Team) and holds a Master's in Exercise Physiology. She loves everything about fitness and sharing it with anyone and everyone willing to give it a try. Denise believes fitness can save lives and change the world.

Paul Wright is a fitness professional from the San Francisco Bay Area, and sports are what he's all about. His goal when training others is to help them bring out their inner athlete. Learn more about Paul at www.thatgetwright.com to #GetWright.



Paul
Wright

Conor Murphy is currently a Boston Firefighter and has been involved in fitness since he started playing football in high school. When Conor enlisted in the United States Navy, the preparation for his job sparked his interest in learning more and training. After completing his first certification in 2009, he made fitness training his career.



Conor
Murphy

Meet the Fitness Experts



Brooke
Rosenbauer

Brooke Rosenbauer grew up playing soccer and alpine skiing and coached both sports for kids. Now she is a health coach, personal trainer, and group fitness instructor. She loves teaching fitness because it is a way to help people feel strong, empowered, and happy.

Kevin O'Connell has been coaching since 2011. Before coaching, Kevin worked as an Occupational Therapist providing movement-based therapy for children and young adults with developmental delays. His passion is working with people of all abilities to help them reach their goals through fitness and health.



Kevin
O'Connell



Shea
Pease

Shea Pease was an Active Kids team member and a group fitness instructor at Healthworks Community Fitness and the Reebok HQ Gym in Boston, MA. Her love for fitness was sparked after a series of concussions forced her to stop playing contact sports and learn to stay active in new ways. Shea is passionate about helping others become mentally and physically healthier and bridging the fitness inequality gap.

Owen Chase began his fitness journey in 4th grade, participating in the very first AK+M classes. He went on to compete for four years in Division I cross country and track, and has completed one marathon so far—with more planned. Driven by a lifelong passion for health and fitness, he now works in strategy at a healthcare company dedicated to improving overall community health.



Owen
Chase

Name: _____
Date: _____

Ready, Set, Run

12 Week 5k Training Program

Over the 12 weeks, you will continue to build your endurance

Week	Strength Skill	Monday Strength Day	Tuesday	Wednesday Cardio Day	Thursday	Friday Running Day	Reflection & Goals
1	PLANKS	5-10 min. Warm up 10-20 min. Strength 10-20 min. Running Activity 5-10 min. Cool down		5-10 min. Warm up 10-20 min. Cardio 10-20 min. Running Activity 5-10 min. Game 5-10 min. Cool down		5-10 min. Warm up 10-20 min. Running Activity 5-10 min. Game 5-10 min. Cool down	
2	SQUATS	5-10 min. Warm up 10-20 min. Strength 10-20 min. Running Activity 5-10 min. Cool down		5-10 min. Warm up 10-20 min. Cardio 10-20 min. Running Activity 5-10 min. Game 5-10 min. Cool down		5-10 min. Warm up 10-20 min. Running Activity 5-10 min. Game 5-10 min. Cool down	
3	400 METER METRIC	5-10 min. Warm up 10-20 min. Strength 10-20 min. Running Activity 5-10 min. Cool down		5-10 min. Warm up 10-20 min. Cardio 10-20 min. Running Activity 5-10 min. Game 5-10 min. Cool down		5-10 min. Warm up 10-20 min. Running Activity 5-10 min. Game 5-10 min. Cool down	
4	RUSSIAN TWIST	5-10 min. Warm up 10-20 min. Strength 10-20 min. Running Activity 5-10 min. Cool down		5-10 min. Warm up 10-20 min. Cardio 10-20 min. Running Activity 5-10 min. Game 5-10 min. Cool down		5-10 min. Warm up 10-20 min. Running Activity 5-10 min. Game 5-10 min. Cool down	
5	LUNGES	5-10 min. Warm up 10-20 min. Strength 10-20 min. Running Activity 5-10 min. Cool down		5-10 min. Warm up 10-20 min. Cardio 10-20 min. Running Activity 5-10 min. Game 5-10 min. Cool down		5-10 min. Warm up 10-20 min. Running Activity 5-10 min. Game 5-10 min. Cool down	
6	ROCKET JUMPS	5-10 min. Warm up 10-20 min. Strength 10-20 min. Running Activity 5-10 min. Cool down		5-10 min. Warm up 10-20 min. Cardio 10-20 min. Running Activity 5-10 min. Game 5-10 min. Cool down		5-10 min. Warm up 10-20 min. Running Activity 5-10 min. Game 5-10 min. Cool down	

Name:

Date:

Ready, Set, Run

12 Week 5k Training Program

Over the 12 weeks, you will continue to build your endurance

Week	Strength Skill	Monday Strength Day	Tuesday	Wednesday Cardio Day	Thursday	Friday Running Day	Reflection & Goals
7	BURPEES	5-10 min. Warm up 10-20 min. Strength 10-20 min. Running Activity 5-10 min. Cool down		5-10 min. Warm up 10-20 min. Cardio 10-20 min. Running Activity 5-10 min. Game 5-10 min. Cool down		5-10 min. Warm up 10-20 min. Running Activity 5-10 min. Game 5-10 min. Cool down	
8	PULL UPS	5-10 min. Warm up 10-20 min. Strength 10-20 min. Running Activity 5-10 min. Cool down		5-10 min. Warm up 10-20 min. Cardio 10-20 min. Running Activity 5-10 min. Game 5-10 min. Cool down		5-10 min. Warm up 10-20 min. Running Activity 5-10 min. Game 5-10 min. Cool down	
9	JUMPING	5-10 min. Warm up 10-20 min. Strength 10-20 min. Running Activity 5-10 min. Cool down		5-10 min. Warm up 10-20 min. Cardio 10-20 min. Running Activity 5-10 min. Game 5-10 min. Cool down		5-10 min. Warm up 10-20 min. Running Activity 5-10 min. Game 5-10 min. Cool down	
10	SIT UPS	5-10 min. Warm up 10-20 min. Strength 10-20 min. Running Activity 5-10 min. Cool down		5-10 min. Warm up 10-20 min. Cardio 10-20 min. Running Activity 5-10 min. Game 5-10 min. Cool down		5-10 min. Warm up 10-20 min. Running Activity 5-10 min. Game 5-10 min. Cool down	
11	400 METER METRIC	5-10 min. Warm up 10-20 min. Strength 10-20 min. Running Activity 5-10 min. Cool down		5-10 min. Warm up 10-20 min. Cardio 10-20 min. Running Activity 5-10 min. Game 5-10 min. Cool down		5-10 min. Warm up 10-20 min. Running Activity 5-10 min. Game 5-10 min. Cool down	
12	STRETCH	5-10 min. Warm up 10-20 min. Strength 10-20 min. Running Activity 5-10 min. Cool down		5-10 min. Warm up 10-20 min. Cardio 10-20 min. Running Activity 5-10 min. Game 5-10 min. Cool down		5-10 min. Warm up 10-20 min. Running Activity 5-10 min. Game 5-10 min. Cool down	

Skill of the Week Calendar

The reason to learn any of these movements is to be able to use the strength developed in everyday life. This is called functional fitness.

WEEK	SKILL	MUSCLES	FITNESS PRINCIPLES	EVERYDAY LIFE
1	Plank	G, S, CORE	Strength, Balance	To stand up straight and support posture
2	Squats	H, Q, G	Balance, Flexibility	Picking up your backpack
3	Metrics	Beginning of Class Baseline	Cardio, Stamina, Speed	Keep a healthy heart
4	Twists	Core, A	Strength	Sit and stand up straight
5	Walking lunges	Q, G, CORE	Accuracy	Alternating leg sports like skiing and skating
6	Jumps (tuck, squat, broad)	H, Q, G, C	Agility, power	Get over and around objects
7	Burpees	Whole Body	Power, endurance, coordination	Strength/cardio at the same time, like football
8	Push-ups or Pull-ups	P, B	Strength	Push something heavy
9	Jumps (tuck, squat, broad)	H, Q, G, C	Agility, power	Get over and around objects
10	Sit-ups	Core, A	Strength	Sit and stand up straight
11	Metrics and survey	End of Class measurement	Cardio, Stamina, Speed	Keep a healthy heart
12	Stretching & End of Session Review	FUN!	FUN!	FUN!

KEY

Hamstrings	H	Core	Core	Calves	C
Quadriceps	Q	Biceps	B	Pectoral	P
Glutes	G	Shoulders	S	Abdominal	A

Welcome to Week One

Watch the video below to learn about the skill of the week!

RUNNING

Skill Overview: Planks



Coached by
Fitness Trainer:
Carleen Tucker



SKILL EXPLANATION & DETAILS

The Plank is a foundational bodyweight exercise that strengthens the core, shoulders, and lower back while improving posture and stability. It involves holding a straight, rigid position with the body supported by the forearms or hands and by the toes. Planks enhance muscular endurance, balance, and overall core stability, making them a key exercise in fitness training, rehabilitation, and sports performance.

The Plank engages multiple muscle groups, including:

- Core (Abs, Obliques, and Transverse Abdominals) – Primary muscles responsible for maintaining stability.
- Shoulders (Deltoids) – Support the upper body during the hold.
- Lower Back (Erector Spinae) – Helps stabilize the spine and maintain posture.
- Glutes – Engage to support hip stability and prevent sagging.
- Legs (Quadriceps & Hamstrings) – Help maintain proper alignment and tension.

This simple yet highly effective exercise can be modified for different fitness levels and is excellent for developing full-body endurance and strength.

Additional Skills for the Week:

- Jumping Jacks – Jump feet apart while clapping hands overhead, then return to start.
- Arm Circles (Forward or Back) – Extend arms and make small circles forward or backward.
- High Knees – Lift knees high, alternating quickly, as if running in place.
- Jabs – Throw quick, alternating punches forward, engaging your core.
- Butt Kicks – Kick heels toward your glutes while jogging in place.
- Mountain Climbers – In a plank, drive knees toward chest in a quick, alternating motion.
- Plank Shoulder Taps – In a plank, lift one hand to tap the opposite shoulder, then switch.

These movements improve cardio, coordination, and strength, making them great additions to any workout routine!

PLANKS

Week 1, Day 1 - Strength

 **30-60 MINUTES**

WARM UP (5-10 MIN)

Complete each of the below exercises for 30 seconds.

- Jumping Jacks
- Arm Circles Forward
- High Knees
- Arm Circles Back
- Jog In Place
- Line Hops
- REPEAT 3 times

SKILL STRENGTH TRAINING (20 MIN)

- Plank hold for 30 seconds
- Plank hold on knees for 30 seconds
- EVALUATE: Should you hold a plank on your knees or toes? If you can hold a plank for 30 seconds without your back looking like spaghetti, try to stay on your toes. Otherwise, you can plank from your knees.
- Plank hold for 20 seconds (knees or toes)
- 20 Jumping Jacks
- Plank hold for 30 seconds
- 30 Jumping Jacks
- REPEAT 5 times

RUNNING RELATED ACTIVITIES (10- 20 MIN)

2k Plan 10-15 min

- 1 min brisk walk
- 1 min jog
- 1 min brisk walk
- 2 min jog
- 1 min brisk walk
- Repeat 2 times

5k Plan 15-20 min

- 1 min brisk walk
- 1 min jog
- 1 min brisk walk
- 2 min jog
- 1 min brisk walk
- Repeat 3 times

COOL DOWN (5-10 MIN)

- Ab (Abdominal) Stretch for 20 - 30 seconds, repeat 3 times.
 - Lay down on your stomach. Keeping your knees and legs on the ground, pressing into your hands, lift your upper body off the ground until you feel a stretch in your abs.



**EXPERT TIP FROM
CARLEEN:**

**"Your fitness journey is
yours. It doesn't have
to look like anyone
else's."**

PLANKS

Week 1, Day 2 - Cardio

 **30-60 MINUTES**

WARM UP (5-10 MIN)

Air Boxing

- 10 Jumping Jacks
- 10 Jabs on each side
- 10 High Knees
- 10 Butt Kickers
- REPEAT 5 times

CARDIO (10 MIN)

Plank Pyramid

- Complete 10 Mountain Climbers, hold Plank for 10 seconds, REST 10 seconds
- Complete 20 Mountain Climbers, hold Plank for 20 seconds, REST 20 seconds
- Complete 30 Mountain Climbers, hold Plank for 30 seconds, REST 30 seconds
- REPEAT the cycle 2 times

RUNNING RELATED ACTIVITIES (20 MIN)

2k Plan 10-15 min

- 1 min brisk walk
- 1 min jog
- 1 min brisk walk
- 2 min jog
- 1 min brisk walk
- Repeat 2 times

5k Plan 15-20 min

- 1 min brisk walk
- 1 min jog
- 1 min brisk walk
- 2 min jog
- 1 min brisk walk
- Repeat 4 times

GAME (5-10 MIN)

- TOILET TAG
- See appendix at the end of the document.

COOL DOWN (5-10 MIN)

- Cat/Cow - 10 times
 - On hands and knees, arch your back up and your head down like a hissing cat. Hold briefly. Slowly push your back down and lift your head up like a cow. Repeat.
- Child's Pose for 60 seconds
 - On hands and knees, widen knees slightly. Sit your hips back towards your feet, leaving your hands forward so your arms stretch straight out.



TIP:
Feeling tired during your workout? That's normal, and it means your fitness is improving. REST if you need to or slow your pace, and continue moving.

Let's Run!

Week 1, Day 3, Running

 **30-60 MINUTES**

The Rate of Perceived Exertion (RPE) measures how hard you are working from 1 (easy) to 5 (as hard as you can). Use the RPE to guide your effort level!

WARM UP & DYNAMIC STRETCHING (5-10 MIN)

1 minute walk, ten walking lunges per leg, side shuffle left ten paces, side shuffle right ten paces. Repeat 5 times (10minutes).

RUNNING RELATED ACTIVITIES (15-20 MIN)

2k Plan 10-15 min

- 1 min brisk walk
- 1 min jog
- 1 min brisk walk
- 2 min jog
- 1 min brisk walk
- Repeat 2 times

5k Plan 15-20 min

- 1 min brisk walk
- 1 min jog
- 1 min brisk walk
- 2 min jog
- 1 min brisk walk
- Repeat 4 times

GAME (5-10 MIN)

- Paper Bag Game
- See appendix at the end of the document

COOL DOWN & STATIC STRETCHING (5-10 MIN)

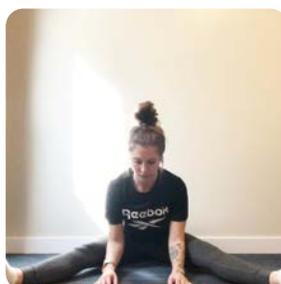
Continue walking until your heart rate has come down to where you can comfortably carry on a conversation. Hold each stretch for 20-40 seconds. (5 minutes total)



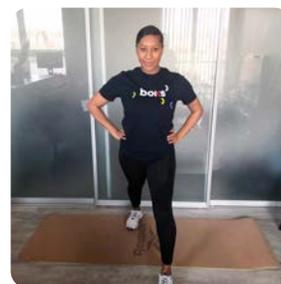
QUADRICEP STRETCH



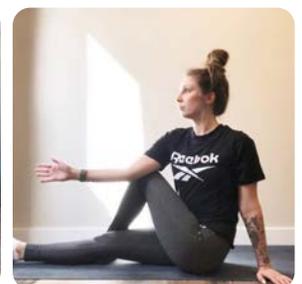
HAMSTRING STRETCH



ADDUCTOR STRETCH



CALF STRETCH



GLUTE STRETCH

GOAL SETTING



Congratulations on your first day of running! Today's goal should be to test out your feet – start slowly, listen to your body, and set your timer. You don't need to run the entire time, just keep moving. You will focus on brisk walking with short running intervals. Ready? Let's go!

Welcome to Week Two

Watch the video below to learn about the skill of the week!

RUNNING

Skill Overview: Squats



Coached by
Reebok HQ Trainer:
Austin Malleolo



SKILL EXPLANATION & DETAILS

The Squat is a fundamental lower-body exercise that builds leg strength, core stability, and overall endurance. It involves bending the knees and lowering the hips while keeping the chest up, then returning to a standing position. Squats enhance balance, coordination, and power, making them essential for athletic performance, injury prevention, and everyday movement.

The Squat engages multiple muscle groups, including:

- Quadriceps – Primary movers that extend the knee.
- Glutes – Power the movement and stabilize the hips.
- Hamstrings – Assist in bending the knees and controlling movement.
- Core (Abs & Lower Back) – Help maintain posture and stability.
- Calves – Provide support and balance.

This versatile exercise can be modified for different fitness levels and is crucial for developing lower-body strength and endurance.

Additional Skills for the Week:

- Fast Feet – Slightly bend knees and march quickly, barely lifting feet.
- Pulse Squats – Perform a squat and pulse up and down once at the bottom before standing.
- Sumo Squats – Widen your stance and squat, targeting the inner thighs.
- Jump Rope – No rope needed! Jump in place while mimicking a jump rope motion with your hands.
- Wall Sit – Slide down a wall into a squat position, hold, and keep your back tall.

These exercises improve leg endurance, agility, and overall lower-body strength, making them great additions to any workout routine!

SQUATS

Week 2, Day 1 - Strength

 **30-60 MINUTES**

WARM UP (5-10 MIN)

Perform each exercise for 30 seconds.
10 second rest between exercises -
keep moving during rest.

- Jumping Jacks
- High Knees
- Butt Kicks
- Arm Circles
- REPEAT 4 times

SKILL STRENGTH TRAINING (20 MIN)

- 10 Squats
- Rest 10 seconds
- 10 Pulse Squats
- Rest 10 seconds
- 10 Sumo Squats
- Rest 10 seconds
- REPEAT all movements 4 times in total

RUNNING RELATED ACTIVITIES (20 MIN)

2k Plan 10-15 min

- 1 min walk
- 2 min jog
- 1 min walk
- 3 min jog
- 1 min walk
- Repeat 2 times

5k Plan 15-20 min

- 1 min walk
- 2 min jog
- 1 min walk
- 3 min jog
- 1 min walk
- Repeat 3 times

COOL DOWN (5-10 MIN)

- Square Breathing
 - Stand, sit, or lie down. Hold index finger in the air, breathe in through your nose while tracing one side of a square in the air for 4 seconds. Hold 4 seconds. Breathe out through your mouth for 4 seconds, while tracing the next side of the box. Hold 4 seconds. REPEAT 2 times, until you have created an imaginary square in the air.
 - Continue for 2-3 more rounds of square breathing.



EXPERT TIP FROM AUSTIN:
"Fitness is what allows you
to do whatever you want in
your life and live your life,
well."

SQUATS

Week 2, Day 2 - Cardio

 **30-60 MINUTES**

WARM UP (5-10 MIN)

Tabatas: Perform each exercise for 20 seconds, and rest for 10 seconds in between exercises.

- High Knees
- Mountain Climbers
- Jumping Jacks
- Fast Feet
- Arm Circles
- Plank
- REPEAT 3 times

CARDIO (20 MIN)

Ladder Squat Sprints

- Perform one squat. Either sprint across the room OR do fast feet for 20 seconds in place.
- Once you reach the other side of the room or 20 seconds have passed, do another squat.
- Continue to repeat this pattern, adding an extra squat each round. Complete 10 rounds total, with 10 squats in a row in the final round.

RUNNING RELATED ACTIVITIES (20 MIN)

2k Plan 10-15 min

- 1 min walk
- 2 min jog
- 1 min walk
- 3 min jog
- 1 min walk
- Repeat 2 times

5k Plan 15-20 min

- 1 min walk
- 2 min jog
- 1 min walk
- 3 min jog
- 1 min walk
- Repeat 3 times

GAME (5-10 MIN)

- Hot Dog Tag
- See appendix at the end of the document.

COOL DOWN (5-10 MIN)

- Quad stretch
 - Stand tall, with one hand, reach behind you and grab your ankle or foot. Lift your foot to the back of your thigh until you feel a stretch in the front of your thigh. Hold for 20 - 30 seconds.
- Go for a walk outside OR march/walk in place for 3 minutes, taking deep breaths the entire time.



TIP:
Movement and fitness keep us healthy and happy. Moving your body every day will help to prevent disease and strengthen you mentally and physically!

Let's Run!

Week 2, Day 3 - Running

 **30-60 MINUTES**

WARM UP & DYNAMIC STRETCHING (5-10 MIN)

1 minute walk, ten walking lunges per leg, side shuffle left ten paces, side shuffle right ten paces. Repeat 5 times (10 minutes).

RUNNING RELATED ACTIVITY (20 MIN)

2k Plan

10-15 min

- 1 min walk
- 2 min jog
- 1 min walk
- 3 min jog
- 1 min walk
- Repeat 2 times

5k Plan

15-20 min

- 1 min walk
- 2 min jog
- 1 min walk
- 3 min jog
- 1 min walk
- Repeat 3 times

GAME 5-10 (MIN)

- Freeze Dance
- See appendix at the end of the document.

COOL DOWN & STATIC STRETCHING (5-10 MIN)

Continue walking until your heart rate has come down to where you can comfortably carry on a conversation.

Movement flow for runners (see video):

Downward dog, reverse warrior, runners lunge, standing single-leg forward bend, bow pose, pigeon. Hold each pose for 20-40 seconds. (5 minutes)

GOAL SETTING



Today you will be testing out shorter bursts of activity. Try testing out how far you can go in each 30 second interval by identifying landmarks – for example, between telephone poles. This will give you a great point of comparison for the coming weeks to mark your gains in strength and stamina.



Welcome to Week Three

Watch the video below to learn about the skill of the week!

RUNNING

Skill Overview: Running Metrics



Coached by:
Alumni Active Kid and
Former D1 Runner
Owen Chase

SKILL DESCRIPTION & DETAILS

Metrics are measured as a 400-meter run, ideally completed outside, but it can be done anywhere, as long as the Week 3 and Week 11 tracks are consistent. You will need a stopwatch, a way to record each participant's time, and most importantly, energy and enthusiasm! This should be a fun way for individuals to track their progress.

Divide your participants into small, manageable groups, identify a 400-meter course, and have each student run the course while being timed. Record their time. This will act as their baseline against which you can measure their Week 11 time, and is a great way to show tangible results.

Our full metrics instructions can be found at the back of this workbook.

RUNNING METRICS

Week 3, Day 1 - Strength

 **30-60 MINUTES**

WARM UP (5-10 MIN)

- 15 Jumping Jacks
- 20 Jabs (Right and Left)
- 30 second Arm Circles
- 30 second Plank Hold
- REPEAT 4 times



EXPERT TIP FROM OWEN:
“When timing your runs, pace yourself to conserve energy and you will finish stronger!”

METRICS:

- Break your class into small groups (5-10 kids).
- While some children are doing the timed run, have the others complete the skills training below.

FULL METRICS INSTRUCTIONS AVAILABLE AT THE BACK OF THIS WORKBOOK.

SKILL STRENGTH TRAINING (20 MIN)

Complete the below Planks and Russian Twists, resting for 30 seconds after each set. (Note: for detailed instructions on how to perform Russian Twists, see the Skill Description provided in Week 4.)

- Plank - Hold for 10 seconds
- 10 Russian Twists
- Rest
- Plank - Hold for 15 seconds
- 15 Russian Twists
- Rest
- Plank - Hold for 20 seconds
- 20 Russian Twists
- Rest
- Repeat - decreasing reps: 20, 15, 10.
- REPEAT 2 more times

COOL DOWN (5-10 MIN)

- Square Breathing
- Ab Stretch - lying on stomach, 60 seconds

RUNNING METRICS

Week 3, Day 2 - Cardio

 **30-60 MINUTES**

WARM UP (5-10 MIN)

Complete the below exercises for 30 seconds, then REST for 10 seconds between each exercise.

- Jumping Jacks, Butt Kicks, Plank, Jabs



EXPERT TIP FROM OWEN:

"Be confident with your runs and remember - you can always do more than you think you can!"

METRICS:

- Break your class into small groups (5-10 kids).
- While some children are doing the timed run, have the others complete the skills training below.

FULL METRICS INSTRUCTIONS AVAILABLE AT THE BACK OF THIS WORKBOOK.

CHALLENGE (20 MIN)

Fast Feet / Russian Twist Challenge

- Fast Feet for 20 seconds then 10 Russian Twists.
- Fast Feet for 30 seconds then 15 Russian Twists.
- Fast Feet for 40 seconds then 20 Russian Twists.
- Repeat 2 times.

GAME (5-10 MIN)

- Flag Tag
- See appendix at the end of the document.

COOL DOWN (5-10 MIN)

- Ab Stretch, 60 seconds
- Standing Hamstrings and Calves Stretch, 60 seconds

Let's Run!

Week 3, Day 3 - Running

 **30-60 MINUTES**

WARM UP & DYNAMIC STRETCHING (5-10 MIN)

1 minute walk, 10 walking lunges per leg, side shuffle left 10 paces, side shuffle right 10 paces. Repeat 5 times (10 minutes).

METRICS:

- Make-up day for anyone who may have missed timing the 400M run.
- Allow others to run with anyone needing to run and keep their previous or better their time.
- While some children are doing the timed run, have the others complete the skills training below.

FULL METRICS INSTRUCTIONS AVAILABLE AT THE BACK OF THIS WORKBOOK.

RUNNING RELATED ACTIVITY (10-20 MIN)

2k Plan

10-15 min

- 2 minute walk
- 90 second jog
- 2 minute walk
- 90 second jog
- REPEAT Twice

5k Plan

15-20 min

- 1 minute walk in place (high knees)
- 90 second jog
- 1 minute walk in place (high knees)
- 90 second jog
- 1 minute fast feet
- REPEAT Twice

GAME (5-10 MIN)

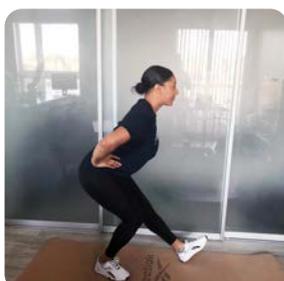
- Active Up and Down
- See appendix at the end of the document.

COOL DOWN & STATIC STRETCHING (5-10 MIN)

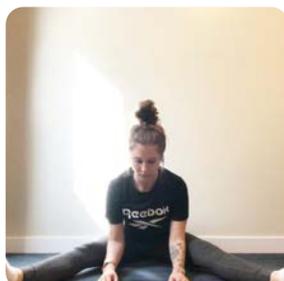
Continue walking until your heart rate has come down to where you can comfortably carry on a conversation. Hold each stretch for 20-40 seconds. (5 minutes)



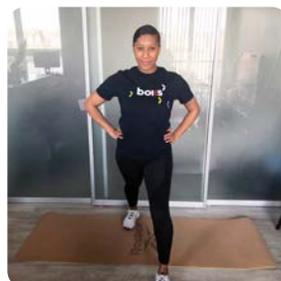
QUADRICEP STRETCH



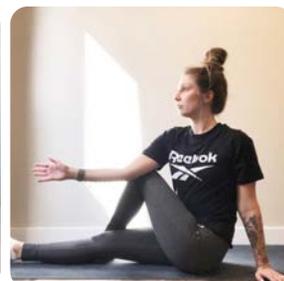
HAMSTRING STRETCH



ADDUCTOR STRETCH



CALF STRETCH



GLUTE STRETCH

GOAL SETTING

Today, you will be testing out slightly longer bursts of activity. Try testing out how far you can go in each 90-second interval by identifying landmarks again. How does this distance compare to last week? Do you feel differently?

Welcome to Week Four

Watch the video below to learn about the skill of the week!

RUNNING

Skill Overview: Russian Twists



Coached by
Fitness Trainer:
Tom Miazga



SKILL DESCRIPTION & DETAILS

Russian Twist: Overview

The Russian Twist is a core-strengthening exercise that targets the obliques, abs, and lower back. It involves twisting the torso from side to side while seated, often holding a weight like a medicine ball or plate for added resistance. This movement improves core stability, rotational strength, and balance, making it beneficial for athletes and general fitness.

The Russian Twist engages multiple muscle groups, including:

- Obliques (Internal & External) – Responsible for the twisting motion.
- Rectus Abdominis (Six-Pack Muscles) – Helps stabilize the movement.
- Transverse Abdominis – Supports deep core stability.
- Hip Flexors – Assist in maintaining the seated position.
- Lower Back (Erector Spinae) – Engages to maintain an upright posture.

RUSSIAN TWISTS

Week 4, Day 1 - Strength

 **30-60 MINUTES**

WARM UP: (5-10 MIN)

- 15 Jumping Jacks
- 20 Jabs (Right and Left)
- 30 second Arm Circles
- 30 second Plank Hold
- REPEAT 4 times

SKILL STRENGTH TRAINING (20 MIN)

Complete the below Planks and Russian Twists, resting for 30 seconds after each set.

- Plank - Hold for 10 seconds
- 10 Russian Twists then rest
- Plank - Hold for 15 seconds
- 15 Russian Twists then rest
- Plank - Hold for 20 seconds
- 20 Russian Twists then rest
- Repeat sets, decreasing reps 20, 15, 10
- REPEAT 2 more times

RUNNING RELATED ACTIVITIES (20 MIN)

2k Plan 15-20 min

- 1 minute brisk walk
- 3 minute jog
- 1 minute brisk walk
- 5 minute jog
- 1 minute brisk walk
- REPEAT

5k Plan 20-25 min

- 1 minute brisk walk
- 5 minute jog
- 1 minute brisk walk
- 5 minute jog
- 1 minute brisk walk
- REPEAT

COOL DOWN (5-10 MIN)

- Square Breathing
- Ab Stretch - lying on stomach, 60 seconds



EXPERT TIP FROM TOM:
"I have always believed that by trying, you'll always be better than where you were. Every opportunity that makes us nervous is a signal that change is about to happen!"

RUSSIAN TWISTS

Week 4, Day 2 - Cardio

 **30-60 MINUTES**

WARM UP (5-10 MIN)

Complete the below exercises for 30 seconds, then REST for 10 seconds between each exercise.

- Jumping Jacks
- Butt Kicks
- Plank
- Jabs
- REPEAT 3 times



TIP:

When working out, you're losing water through sweat and increased breathing rate. Make sure to drink plenty of water during and after your workout to stay hydrated.

CARDIO (20 MIN)

- 10 Russian Twists
- Rest for 30 seconds
- 45 second Plank Hold
- 40 High Knees
- Rest for 30 seconds
- Repeat
- 30 Plank Shoulder Taps
- Russian Twists
- Rest for 30 seconds
- 30 Jumping Jacks
- 30 second Plank Hold

RUNNING RELATED ACTIVITIES (20 MIN)

2k Plan

15-20 min

- 1 minute brisk walk
- 3 minute jog
- 1 minute brisk walk
- 5 minute jog
- 1 minute brisk walk
- REPEAT

5k Plan

20-25 min

- 1 minute brisk walk
- 5 minute jog
- 1 minute brisk walk
- 5 minute jog
- 1 minute brisk walk
- REPEAT

GAME (5-10 MIN)

- Pyramid Tag
- See appendix at the end of the document

COOL DOWN (5-10 MIN)

- Ab Stretch, 60 seconds
- Standing Hamstrings and Calves Stretch, 60 seconds

Let's Run!

Week 4, Day 3 - Running

 **30-60 MINUTES**

WARM UP & DYNAMIC STRETCHING (5-10 MIN)

1 minute walk, 10 walking lunges per leg, side shuffle left 10 paces, side shuffle right 10 paces. Repeat 5 times (10 minutes).

RUNNING RELATED ACTIVITIES (20 MIN)

2k Plan

15-20 min

- 1 minute brisk walk
- 3 minute jog
- 1 minute brisk walk
- 5 minute jog
- 1 minute brisk walk
- REPEAT

5k Plan

20-25 min

- 1 minute brisk walk
- 5 minute jog
- 1 minute brisk walk
- 5 minute jog
- 1 minute brisk walk
- REPEAT

GAME (5-10 MIN)

- Sports Galore
- See appendix at the end of the document.

COOL DOWN & STATIC STRETCHING (5-10 MIN)

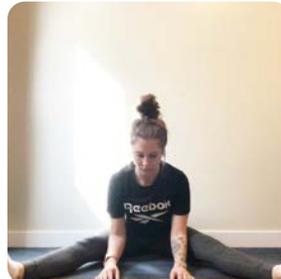
Continue walking until your heart rate has come down to where you can comfortably carry on a conversation. Hold each stretch for 20-40 seconds. (5 minutes)



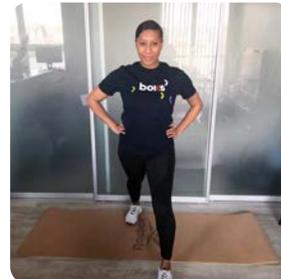
QUADRICEP STRETCH



HAMSTRING STRETCH



ADDUCTOR STRETCH



CALF STRETCH



GLUTE STRETCH

GOAL SETTING

Today, you will be testing out slightly longer bursts of activity. Try testing out how far you can go in each 90-second interval by identifying landmarks again. How does this distance compare to last week? Do you feel differently?

Welcome to Week Five

Watch the video below to learn about the skill of the week!

RUNNING

Skill Overview: Lunges



Coached by
Reebok HQ Trainer:
Denise Thomas



SKILL DESCRIPTION & DETAILS

The Lunge is a dynamic lower-body exercise that strengthens the legs, glutes, and core while improving balance and stability. It involves stepping forward, backward, or to the side, lowering the hips until both knees form 90-degree angles, then returning to the starting position. Lunges enhance leg endurance, coordination, and functional movement, making them essential for athletic training and daily activities.

Muscles Worked

The Lunge engages multiple muscle groups, including:

- Quadriceps – Primary movers that extend the knee.
- Glutes – Activate to push the body back up.
- Hamstrings – Assist in knee flexion and stability.
- Calves – Help with balance and control.
- Core (Abs & Lower Back) – Maintain posture and stability.

This versatile exercise can be modified for different fitness levels and is key for lower-body strength and mobility.

Additional Skills for the Week

- Forward Lunges vs. Backward Lunges vs. Static Lunges –
 - Forward Lunge: Step forward, lower hips, then return to center.
 - Backward Lunge: Step back, lower hips, then return to center.
 - Static Lunge: Keep feet in place, lower back knee, rise, and repeat without moving your feet.
- Side Lunge – Step one foot out to the side while keeping the other leg straight. Lower hips back as you lunge, then return to center.

These variations improve leg strength, stability, and flexibility, making them great additions to any workout routine!

LUNGES

Week 5, Day 1 - Strength

 **30-60 MINUTES**

WARM UP (5-10 MIN)

Perform each exercise for 30 seconds.
Option for a 10 second rest
between exercises.

- Jumping Jacks
- High Knees
- Butt Kicks
- Squats
- REPEAT 4 times

SKILL STRENGTH TRAINING (20 MIN)

AMRAP. Set a timer for 10 minutes. Complete As Many Rounds of the below As Possible until the 10 minutes are up! Rest for 2 minutes and set timer for another 8 minutes.

- 30 Static Lunges (15 per side)
- 15 Squats
- 30 Forward Lunges (15 per side)
- 20 Plank Shoulder Taps
- 30 Backward Lunges (15 per side)
- 10 Jumping Jacks

RUNNING RELATED ACTIVITIES - SPRINTS (20 MIN)

2k Plan

15-20 min

- 1 minute walk 1 minute jog
- 30 second high speed run
- Mark a start and endpoint, approx. 50 meters apart from one another (chalk/cones)
- Line up behind the start point, and when ready, sprint, as fast as you can, to the end point
- This should be an all-out effort
- After passing the end point, walk back to the start
- Repeat six times

5k Plan

20-25 min

- 1 minute walk 1 minute jog
- 30 second high speed run
- Mark a start and endpoint, approx. 75 meters apart from one another (chalk/cones)
- Line up behind the start point, and when ready, sprint, as fast as you can, to the end point
- This should be an all-out effort
- After passing the end point, walk back to the start.
- Repeat six to eight times.

COOL DOWN (5-10 MIN)

Complete each of the below for one minute.

- Standing Hamstring and Calf Stretch
- Quad Stretch, 30 seconds on each side
- Ab stretch



EXPERT TIP FROM DENISE:

"Consistency, hard work, and effort are the formula for success, and you need all three to be successful. It's like making a peanut butter and jelly sandwich. You need peanut butter, jelly, AND bread for it to be delicious!"

LUNGES

Week 5, Day 2 - Cardio

 **30-60 MINUTES**

WARM UP (5-10 MIN)

Complete each exercise below for 20 seconds with 10 seconds of rest.

- Jumping Jacks
- Lunges
- High knees
- Squats
- REPEAT 4 times

CARDIO (20 MIN)

Lunge Ladder:

Start with 1 rep of each exercise. Once all 3 exercises are completed, return to the first one. Add one rep of each exercise to every round. Complete 10 rounds in total.

Ex: Round 3, you should do 3 reps of each exercise.

- Side Lunge (one each side)
- Jumping Jack
- Forward Lunge (one each side)
- Butt Kicks (one each side)

RUNNING RELATED ACTIVITIES (20 MIN)

2k Plan

15-20 min

- 1 minute walk 1 minute jog
- 30 second high speed run
- Mark a start and endpoint, approx. 50 meters apart from one another (chalk/cones)
- Line up behind the start point, and when ready, sprint, as fast as you can, to the end point
- This should be an all-out effort
- After passing the end point, walk back to the start
- Repeat 6 times

5k Plan

20-25 min

- 1 minute walk 1 minute jog
- 30 second high speed run
- Mark a start and endpoint, approx. 50 meters apart from one another (chalk/cones)
- Line up behind the start point, and when ready, sprint, as fast as you can, to the end point
- This should be an all-out effort
- After passing the end point, walk back to the start
- Repeat 6-8 times

GAME (5-10 MIN)

- Everybody Tag
- See appendix at the end of the document.

COOL DOWN (5-10 MIN)

- Square Breathing
- Go for a walk outside for 5 minutes or march in place for 2 minute.



EXPERT TIP FROM DENISE:

"Fear is opportunity in disguise. It's an obstacle, not a barrier. Do whatever you need to do to turn that fear into a strength."

Let's Run!

Week 5, Day 3 - Running

 **30 MINUTES**

WARM UP & DYNAMIC STRETCHING (5-10 MIN)

1 minute walk. Butt kickers, jumping jacks, high knees, grapevine. Repeat 5 times (10 minutes).

RUNNING RELATED ACTIVITIES (20 MIN)

2k Plan

15-20 min

- 1 minute walk 1 minute jog
- 30 second high speed run
- Mark a start and endpoint, approx. 50 meters apart from one another (chalk/cones)
- Line up behind the start point, and when ready, sprint as fast as you can, to the end point
- This should be an all-out effort
- After passing the end point, walk back to the start
- Repeat 6 times

5k Plan

20-25 min

- 1 minute walk 1 minute jog
- 30 second high speed run
- Mark a start and endpoint, approx. 50 meters apart from one another (chalk/cones)
- Line up behind the start point, and when ready, sprint, as fast as you can, to the end point
- This should be an all-out effort
- After passing the end point, walk back to the start
- Repeat 6-8 times

GAME (5-10 MIN)

- Break The Snake
- See appendix at the end of the document.

COOL DOWN & STATIC STRETCHING (5-10 MIN)

Continue walking until your heart rate has come down to where you can comfortably carry on a conversation. Hold each stretch for 20-40 seconds. (5 minutes)



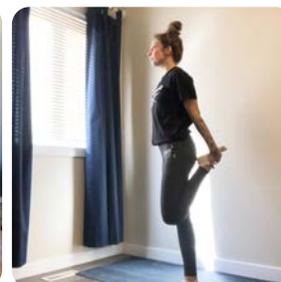
KNEE HUG



CHILD'S POSE



HIP FLEXOR KNEELING STRETCH



QUADRICEP STRETCH



SEATED HAMSTRING STRETCH

GOAL SETTING

Building on your progress from weeks 1, 2, and 3, continue to build on your running intervals by increasing the duration of each run while continuing to alternate walking and running.

Welcome to Week Six

Watch the video below to learn about the skill of the week!

RUNNING

Skill Overview: Rocket Jumps



Coached by
Fitness Trainer:
Paul Wright

SKILL DESCRIPTION & DETAILS

The Rocket Jump is a powerful plyometric exercise focusing on explosive leg strength, coordination, and cardiovascular endurance. It involves squatting down and jumping as high as possible while reaching your arms overhead, mimicking the motion of a rocket launching into the air. This movement is commonly used in sports training, HIIT workouts, and general fitness to improve vertical jump height, agility, and lower-body power.

The Rocket Jump engages multiple muscle groups, including:

- Quadriceps – Propel the body upward during the jump.
- Glutes – Generate power and stability for explosive movement.
- Hamstrings – Assist in the jump and landing control.
- Calves – Help push off the ground for maximum height.
- Core (Abs & Lower Back) – Provides stability and control during the movement.

This high-intensity exercise is excellent for boosting athletic performance and building lower-body endurance.

ROCKET JUMPS

Week 6, Day 1 - Strength

 **30-60 MINUTES**

WARM UP (5-10 MIN)

Perform each exercise for 30 seconds.

Option for a 10 second rest between exercises.

- Jumping Jacks
- High Knees
- Butt Kicks
- Fast Feet
- REPEAT 3 times



EXPERT TIP FROM PAUL:
"Train for the mind - not for the body."

SKILL STRENGTH TRAINING (20 MIN)

- 10 Squats
- Rest 10 seconds
- 10 Rocket Jumps (5 each side)
- Rest 10 seconds
- 10 Sumo Squats
- Rest 10 seconds
- REPEAT the cycle for a total of 4 times

RUNNING RELATED ACTIVITIES - TABATAS/ENDURANCE (20 MIN)

2k Plan

15-20 min

- 1 minute walk
- 5 minute light jog
- 1 minute walk
- 5 minute jog
- 1 minute walk
- Tabata (5 minutes) - sprint 20 seconds, walk 10 seconds
- Repeat x 4

5k Plan

20-25 min

- 1 minute walk
- 7 minute light jog
- 1 minute walk
- 7 minute jog
- 1 minute walk
- Tabata (5 minutes) - sprint 20 seconds, walk 10 seconds
- Repeat x 4

COOL DOWN (5-10 MIN)

- Square Breathing
- Quad Stretch, 30 seconds on each side

ROCKET JUMPS

Week 6, Day 2 - Cardio

 **30-60 MINUTES**

WARM UP (5-10 MIN)

Tabatas: Perform each exercise for 20 seconds, rest for 10 seconds.

- High Knees
- Mountain Climbers
- Jumping Jacks
- Fast Feet
- REPEAT 4 times

CARDIO (20 MIN)

Ladder Rocket Jump Sprints

- Perform one Rocket Jump on each side. Either sprint across the room OR do fast feet for 20 seconds in place.
- Once you reach the other side of the room or 20 seconds is up, do another Rocket Jump on each side.
- Continue to repeat this pattern, adding an extra Rocket Jump repetition each round. Complete 10 rounds total, with 10 Rocket Jumps in a row on each side in the final round.

RUNNING RELATED ACTIVITIES - TABATAS/ENDURANCE (20 MIN)

2k Plan

15-20 min

- 1 minute walk
- 5 minute light jog
- 1 minute walk
- 5 minute jog
- 1 minute walk
- Tabata (5 minutes) - 20 second sprint, 10 second walk
- Repeat 6 times

5k Plan

20-25 min

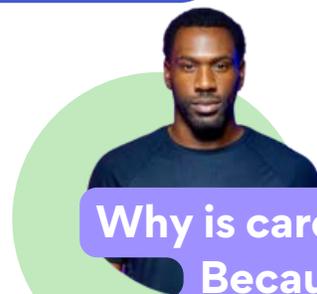
- 1 minute walk
- 7 minute light jog
- 1 minute walk
- 7 minute jog
- 1 minute walk
- Tabata (5 minutes) - 20 second sprint, 10 second walk
- Repeat 8 times

GAME (5-10 MIN)

- Loose Caboose
- See appendix at the end of the document.

COOL DOWN (5-10 MIN)

- Quad stretch, 30 seconds on each side.
- Standing Hamstring and Calf Stretch, 60 seconds.
- Go for a walk outside OR march in place for 3 minutes.



TIP:

**Why is cardio important?
Because it improves
cardiovascular health and
supports overall health
long-term.**

Let's Run!

Week 6, Day 3 - Running

 **30-60 MINUTES**

GOAL SETTING

Continue to build on your running intervals by increasing the duration of each run, while continuing to alternate walking and running.

WARM UP & DYNAMIC STRETCHING (5-10 MIN)

- 1 minute walk. 1 minute of butt kickers, jumping jacks, high knees, grapevine
- Repeat 5 times (10 minutes)

RUNNING RELATED ACTIVITIES - TABATAS/ENDURANCE (20 MIN)

2k Plan

15-20 min

- 1 minute walk
- 5 minute light jog
- 1 minute walk
- 5 minute jog
- 1 minute walk
- Tabata (5 minutes) - 20 second sprint, 10 second walk
- Repeat 6 times

5k Plan

20-25 min

- 1 minute walk
- 7 minute light jog
- 1 minute walk
- 7 minute jog
- 1 minute walk
- Tabata (5 minutes) - 20 second sprint, 10 second walk.
- Repeat 8 times

GAME (5-10 MIN)

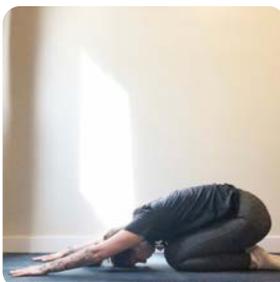
- Active As If
- See appendix at the end of the document

COOL DOWN & STATIC STRETCHING (5-10 MIN)

Continue walking until your heart rate has come down to where you can comfortably carry on a conversation. Hold each stretch for 20-40 seconds. (5 minutes)



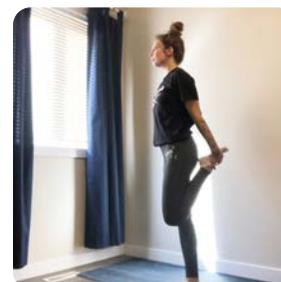
KNEE HUG



CHILD'S POSE



HIP FLEXOR KNEELING STRETCH



QUADRICEP STRETCH



SEATED HAMSTRING STRETCH

Welcome to Week Seven

Watch the video below to learn about the skill of the week!

RUNNING

Skill Overview: Burpees



Coached by
Reebok HQ Trainer:
Giancarlo Graziani

SKILL DEFINITION & DETAILS

A burpee is a full-body exercise that combines a squat, jump, and push-up into one explosive movement. It is a high-intensity exercise that builds strength, endurance, and cardiovascular fitness by engaging multiple muscle groups, including the legs, core, chest, shoulders, and arms.

Why Burpees Are Important

- Full-Body Conditioning – Works the upper body, lower body, and core in one move.
- Cardio & Strength Combined – Boosts heart rate while building muscular endurance.
- Improves Athletic Performance – Enhances agility, coordination, and explosiveness.

Additional Power Moves for the Week

- Pop Squat – Jump into a squat, then jump up to stand with feet together. Repeat continuously.
- Drop Push-Up – A burpee variation where you drop into a push-up before jumping back up to standing.
- These dynamic movements improve strength, agility, and overall endurance, making them perfect for high-energy workouts!

BURPEES

WARM UP (5-10 MIN)

Tabatas. Perform each exercise for 20 seconds, rest for 10 seconds.

Week 7 Day 1 - Strength



30-60 MINUTES

- Jumping Jacks
- High Knees
- World's Greatest Stretch, left side
- World's Greatest Stretch, right side
- REPEAT cycle for a total of 4 times

SKILL STRENGTH TRAINING (20 MIN)

- 10 Squats
- REST 15 seconds
- 10 Pop Squats
- REST 15 seconds
- 5 Burpees
- REST 15 seconds
- REPEAT cycle for a total of 4 times

RUNNING RELATED ACTIVITIES - ENDURANCE PYRAMID (20 MIN)



EXPERT TIP FROM GIANCARLO: "Today I will do what others won't, so tomorrow I can accomplish what others can't." - Jerry Rice

2k Plan

15-20 min

- 30 second walk
- 3 minute light jog , 30 second walk
- 4 minute jog , 30 second walk
- 5 minute jog, 30 second walk
- 4 minute jog, 30 second walk
- 3 minute walk, 30 second walk

5k Plan

20-25 min

- 30 second walk
- 4 minute light jog , 30 second walk
- 5 minute jog , 30 second walk
- 6 minute jog, 30 second walk
- 5 minute jog, 30 second walk
- 4 minute walk, 30 second walk

sec

BURPEES

Week 7, Day 2 - Cardio

 **30-60 MINUTES**

WARM UP (5-10 MIN)

- Standing Hamstring and Calf Stretch, 30 seconds each
- 30 Jumping Jacks
- 10 Slow Burpees
- 30 Jumping Jacks
- REPEAT

CARDIO (20 MIN)

Burpee Ladder

- Perform one Burpee. Either sprint across the room OR march or fast feet for 20 seconds in place.
- Once you reach the other side of the room or 20 seconds is up, do one Burpee.
- Continue to repeat this pattern, adding another burpee each round. Complete 10 rounds total, with 10 reps of each exercise by the end.

RUNNING RELATED ACTIVITIES (20 MIN)

2k Plan 15-20 min

- 30 second walk
- 3 minute light jog , 30 second walk
- 4 minute jog , 30 second walk
- 5 minute jog, 30 second walk
- 4 minute jog, 30 second walk
- 3 minute walk, 30 second walk

5k Plan 20-25 min

- 30 second walk
- 4 minute light jog , 30 second walk
- 5 minute jog , 30 second walk
- 6 minute jog, 30 second walk
- 5 minute jog, 30 second walk
- 4 minute walk, 30 second walk

GAME (5-10 MIN)

- Break The Snake
- See appendix at the end of the document.

COOL DOWN (5-10 MIN)

- 3 Deep Breaths
- Square Breathing
- Quad Stretch, 30 seconds per side
- Glute Stretch, 30 seconds per side
- Standing Hamstring and Calf Stretch, 60 seconds



TIP:
Motivation will get you started, but dedication will keep you going.

Let's Run!

Week 7, Day 3 - Running

 **30-60 MINUTES**

WARM UP & DYNAMIC STRETCHING (5-10 MIN)

1 minute walk. Walking lunges, butt kickers, jumping jacks, high knees with a twist. Repeat 5 times (10 minutes).

RUNNING RELATED ACTIVITIES - ENDURANCE PYRAMID (20 MIN)

2k Plan

15-20 min

- 30 second walk
- 3 minute light jog , 30 second walk
- 4 minute jog , 30 second walk
- 5 minute jog, 30 second walk
- 4 minute jog, 30 second walk
- 3 minute walk, 30 second walk

5k Plan

20-25 min

- 30 second walk
- 4 minute light jog , 30 second walk
- 5 minute jog , 30 second walk
- 6 minute jog, 30 second walk
- 5 minute jog, 30 second walk
- 4 minute walk, 30 second walk

GAME (5-10 MIN)

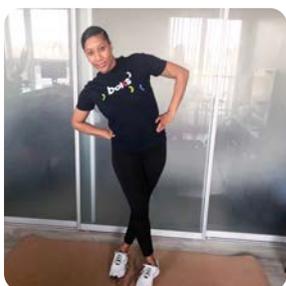
- Over Under
- See appendix at the end of the document.

COOL DOWN & STATIC STRETCHING (5-10 MIN)

Continue walking until your heart rate has come down to where you can comfortably carry on a conversation. Hold each stretch for 20-40 seconds.



HIP FLEXOR KNEELING STRETCH



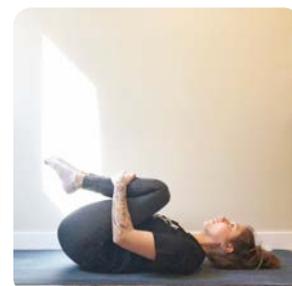
IT BAND STRETCH



HAMSTRING STRETCH



INNER THIGH STRETCH



KNEE HUG

GOAL SETTING

Test your endurance with ladders. Ladders are a workout where you increase the amount of time you're exercising incrementally, followed by a decrease in the amount of time you're exercising by the same increment until you reach the bottom of the ladder. Today, add one minute of running up the ladder to the top each round, then work back down. This is your longest run yet - be sure to go at your own pace. Add in walks as you need to, or slow/speed up your cadence and stride as needed.

Welcome to Week Eight

Watch the video below to learn about the skill of the week!

RUNNING

Skill Overview: Push-ups



Coached by
Reebok HQ Trainer:
Conor Murphy

SKILL DESCRIPTIONS & DETAILS

The Push-Up is a fundamental bodyweight exercise that strengthens the upper body and core. It involves lowering and raising the body while maintaining a straight plank position, using arm and chest strength. Push-ups improve muscular endurance, stability, and overall upper-body strength, making them a staple in fitness routines, athletic training, and military workouts.

The Push-Up engages multiple muscle groups, including:

- Pectorals (Chest Muscles) – Primary movers in the pushing motion.
- Triceps – Extend the elbows to push the body upward.
- Deltoids (Shoulders) – Support stability and movement.
- Core (Abs & Obliques) – Maintain a straight body position.
- Lower Back (Erector Spinae) – Helps stabilize the spine.

This versatile exercise can be modified for different fitness levels and is highly effective for building upper-body strength and endurance.

PUSH UPS

Week 8, Day 1 - Strength

 **30-60 MINUTES**

WARM UP (5-10 MIN)

Complete each of the below exercises for 30 seconds.

- Jumping Jacks
- Arm Circles Forward
- High Knees
- Arm Circles Back
- Jog in Place
- Repeat 3 times

SKILL STRENGTH TRAINING (20 MIN)

- Plank hold for 20 seconds
- Plank hold on knees for 20 seconds
- Push ups for 20 seconds
- EVALUATE: Should you do push ups on your knees or toes? If you can complete 10 push ups without your form faltering on your toes, try to stay on your toes. Otherwise, do push ups on your knees.
- Plank hold for 20 seconds
- Plank hold on knees for 20 seconds
- Push ups for 20 seconds
- REPEAT the cycle 3 more times

RUNNING RELATED ACTIVITIES - SPEED (20 MIN)

2k Plan

15-20 min

- 1 minute jog
- 30 second high speed run
- 1 minute jog
- 30 second high speed run
- 1 minute jog
- 30 second high speed run
- 1 minute walk
- Repeat x 4

5k Plan

20-25 min

- 1 minute jog
- 30 second high speed run
- 1 minute jog
- 30 second high speed run
- 1 minute jog
- 30 second high speed run
- 1 minute walk
- Repeat x 6

COOL DOWN (5-10 minutes)

- Square Breathing
- Ab (Abdominal) Stretch for 30 seconds



EXPERT TIP FROM CONOR:
"You'll always be where you've always been if you always do what you've always done. If you want a different result, make the changes."

PUSH UPS

Week 8, Day 2 - Cardio

 **30-60 MINUTES**

WARM UP (5-10 MIN)

Air Boxing

- 15 Jumping Jacks
- 15 Jabs on each side
- REPEAT 10 more times

CARDIO (20 MIN)

Walk/Jog - activity

- Walk/Jog in place - 1 minute
- 20 second plank
- 10 second rest
- Repeat 3 time

RUNNING RELATED ACTIVITIES - SPEED (20 MIN)

2k Plan

15-20 min

- 1 minute jog
- 30 second high speed run
- 1 minute jog
- 30 second high speed run
- 1 minute jog
- 30 second high speed run
- 1 minute walk
- Repeat x 4

5k Plan

20-25 min

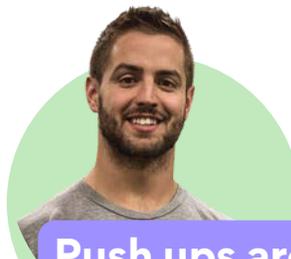
- 1 minute jog
- 30 second high speed run
- 1 minute jog
- 30 second high speed run
- 1 minute jog
- 30 second high speed run
- 1 minute walk
- Repeat x 6

GAME (5-10 MIN)

- Rock Paper Scissors Tag
- See appendix at the end of the document

COOL DOWN (5-10 MIN)

- Cat/Cow - 10 reps
- Child's Pose 60 seconds
- REPEAT three times



TIP:

Push ups are meant to be challenging, and can be modified to protect your body as you get stronger. Keep practicing!

Let's Run!

Week 8, Day 3 - Running

 **30-60 MINUTES**

WARM UP & DYNAMIC STRETCHING (5-10 MIN)

1 minute walk. Walking knee hugs, back pedaling, walking lunges, squats. Repeat 5 times (10 minutes).

RUNNING RELATED ACTIVITIES - SPEED (20 MIN)

2k Plan

15-20 min

- 1 minute jog
- 30 second high speed run
- 1 minute jog
- 30 second high speed run
- 1 minute jog
- 30 second high speed run
- 1 minute walk
- Repeat x 4

5k Plan

20-25 min

- 1 minute jog
- 30 second high speed run
- 1 minute jog
- 30 second high speed run
- 1 minute jog
- 30 second high speed run
- 1 minute walk
- Repeat x 6

GAME (5-10 MIN)

- Castleball
- See appendix at the end of the document.

COOL DOWN & MOVEMENT FLOW (5-10 MIN)

Continue walking until your heart rate has come down to where you can comfortably carry on a conversation.

Movement flow for runner (see video):

Downward dog, reclining hand to big toe, toes pose, reclining pigeon, reclining spinal twist. Hold each pose for 20-40 seconds. (5 minutes)



GOAL SETTING



Today, you will mix short, quick bursts with longer endurance running. You will incorporate Tabatas, which are 20 seconds of high intensity activity (sprints) mixed with 10 seconds of active rest (walking). This is a great way to improve your strength and speed.

Welcome to Week Nine

Watch the video below to learn about the skill of the week!

RUNNING

**Skill Overview:
Jumps (Lunge,
Squat, Tuck)**



Coached by
Reebok HQ Trainer:
Brooke Rosenbauer



SKILL DEFINITION & DETAILS

Jumps are explosive movements that involve propelling the body off the ground using leg power. They are an essential part of fitness and athletic training, improving strength, speed, coordination, and cardiovascular endurance. Jumping exercises activate multiple muscle groups, particularly the legs, core, and glutes, making them highly effective for building lower-body power, agility, and stamina.

Regular jump training enhances:

- Leg Strength & Explosiveness – Improves performance in sports and daily activities.
- Cardiovascular Fitness – Increases heart rate and endurance.
- Coordination & Balance – Develops control over body movements.
- Bone Density – Weight-bearing impact strengthens bones, reducing injury risk.

Jump Variations for the Week

- Lateral Jumps – Keep feet together and jump side to side over an imaginary line to improve agility.
- Wacky Jacks – Perform a twisting motion while jumping, engaging the core and coordination.
- Seal Jacks – Jumping jacks, but clap your hands in front of your chest instead of overhead.
- Criss Cross Jacks – Cross arms and legs in front of your body as you jump, alternating sides.
- Star Jacks – Jump explosively into a wide star position with arms and legs fully extended.

These jumping variations boost cardio, coordination, and total-body strength, making them a fun and effective way to stay active!

JUMPS

Week 9, Day 1 - Strength

 **30-60 MINUTES**

WARM UP (5-10 MIN)

Tabatas. Do each exercise for 20 seconds, rest for 10 seconds.

- High Knees
- Mountain Climbers
- Jumping Jacks
- Fast Feet
- REPEAT 4 times

SKILL STRENGTH TRAINING (20 MIN)

Practice each skill below by completing five slow repetitions. Then, increase effort and speed, and perform 12 repetitions of each exercise.

- Jump Lunge
- Lunge
- Squat Jump
- Squat
- Tuck Jump
- REST for 60 seconds
- REPEAT

RUNNING RELATED ACTIVITIES - LADDER RUN (20 MIN)

2k Plan 15-20 min

- 1 minute jog
- 2 min run - 3 jumping jacks
- 1 minute walk
- 3 min run - 5 jumping jacks
- 1 minute walk
- 4 min run - 7 jumping jacks
- 1 minute walk
- Repeat x 2

5k Plan 20-25 min

- 1 minute jog
- 3 min run - 3 jumping jacks
- 1 minute walk
- 4 min run - 5 jumping jacks
- 1 minute walk
- 5 min run - 7 jumping jacks
- 1 minute walk
- Repeat x 2

COOL DOWN (5-10 MIN)

- Square Breathing
 - Option: Close your eyes
- Quad Stretch, 30 seconds each side
- Glute Stretch, 30 seconds each side
 - Stand tall, then cross one ankle over the opposite knee.
 - Sit back and down, holding something to stay balanced, until you feel a stretch in your glutes.



EXPERT TIP FROM BROOKE:
"Love yourself and believe that you are worth this effort."

JUMPS

Week 9, Day 2 - Cardio

 **30-60 MINUTES**

WARM UP (5-10 MIN)

- 30 Mountain Climbers, 15 per side
- 10 Cat/Cow
- 30 Jumping Jacks
- 30 seconds Standing Hamstrings and Calves Stretch
- Repeat

CARDIO (20 MIN)

Ladder Jumps.

- Perform one Squat Jump, Tuck Jump, and Jump Lunge. Either sprint across the room OR do fast feet for 20 seconds in place.
- Once you reach the other side of the room or 20 seconds is up, do one more repetition of each exercise.
- Continue to repeat this pattern, adding an extra repetition each round. Complete 10 rounds total, with 10 reps of each exercise by the end.

RUNNING RELATED ACTIVITIES (20 MIN)

2k Plan

15-20 min

- 1 minute jog
- 2 min run - 3 jumping jacks
- 1 minute walk
- 3 min run - 5 jumping jacks
- 1 minute walk
- 4 min run - 7 jumping jacks
- 1 minute walk
- Repeat x 2

5k Plan

20-25 min

- 1 minute jog
- 3 min run - 3 jumping jacks
- 1 minute walk
- 4 min run - 5 jumping jacks
- 1 minute walk
- 5 min run - 7 jumping jacks
- 1 minute walk
- Repeat x 2

GAME (5-10 MIN)

- Freeze Tag
- See appendix at the end of the document

COOL DOWN (5-10 MIN)

- Standing Hamstring and Calf Stretch, 60 seconds
- Glute Stretch, 30 seconds each side
- Square Breathing



EXPERT TIP FROM BROOKE: "Every day is a gift. Movement is a gift."

Let's Run!

Week 9, Day 3 - Running

 **30-60 MINUTES**

WARM UP & DYNAMIC STRETCHING (5-10 MIN)

1 minute walk. Butt kickers, jumping jacks, high knees, squats. Repeat 5 times. (10 minutes)

RUNNING RELATED ACTIVITIES: ENDURANCE (20 MIN)

2k Plan

15-20 min

- 1 minute jog
- 2 min run - 3 jumping jacks
- 1 minute walk
- 3 min run - 5 jumping jacks
- 1 minute walk
- 4 min run - 7 jumping jacks
- 1 minute walk
- Repeat x 2

5k Plan

20-25 min

- 1 minute jog
- 3 min run - 3 jumping jacks
- 1 minute walk
- 4 min run - 5 jumping jacks
- 1 minute walk
- 5 min run - 7 jumping jacks
- 1 minute walk
- Repeat x 2

GAME (5-10 MIN)

- Capture The Flag
- See appendix at the end of the document.

COOL DOWN & MOVEMENT FLOW (5-10 MIN)

Continue walking until your heart rate has come down to where you can comfortably carry on a conversation. Hold each stretch for 20-40 seconds. (5 minutes)



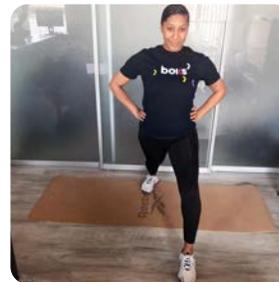
HIP FLEXOR KNEELING STRETCH



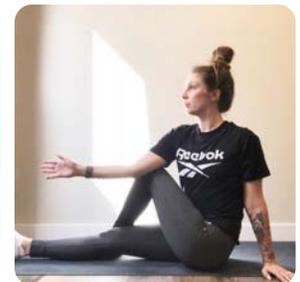
QUADRICEP STRETCH



HAMSTRING STRETCH



CALF STRETCH



GLUTE STRETCH

GOAL SETTING

You have just two weeks left after this class. If you feel energized, you can repeat this workout another day over the weekend. Running frequently, even just short distances will improve your stamina and endurance.

Welcome to Week Ten

Watch the video below to learn about the skill of the week!

RUNNING

Skill Overview: Sit-Ups



Coached by
Reebok HQ Trainer:
Kevin O'Connell

SKILL DEFINITION AND DETAILS

A sit-up is a core-strengthening exercise where you lie on your back, bend your knees, and lift your torso toward your thighs before lowering back down. Sit-ups primarily target the abdominal muscles and improve core strength, stability, and endurance.

Why Sit-Ups Are Important

- Strengthens Core Muscles – Engages the abs, obliques, and lower back for better posture and stability.
- Improves Athletic Performance – Enhances movement control, balance, and overall body coordination.
- Supports Daily Movements – A strong core makes everyday activities like bending, lifting, and twisting easier.
- Boosts Endurance – Helps build muscular stamina for sports and fitness routines.

Additional Core Exercises for the Week

- Ab Bikes – Lie on your back, extend your legs, and twist your upper body while bringing one knee toward the opposite elbow, alternating sides.
- Plank Jack – Hold a plank and jump your feet out wide, then back together, maintaining a straight body line.
- X Plank – In a plank, bring one foot toward your stomach and tap it with the opposite hand, then return to plank and switch sides.

These core variations improve abdominal strength, coordination, and endurance, making them a great addition to any workout routine!

SIT UPS

Week 10, Day 1 - Strength

 **30-60 MINUTES**

WARM UP (5-10 MIN)

- 15 Jumping Jacks
- 20 Jabs (alternating)
- 30 second Plank Hold
- REPEAT 4 times

SKILL: Sit Ups (20 MIN)

- Plank - Hold for 10 seconds
- 30 Sit Ups
- Plank - Hold for 15 seconds
- 25 Sit Ups
- Plank - Hold for 20 seconds
- 20 Sit Ups
- Plank - Hold for 25 seconds
- 15 Sit Ups
- Plank - Hold for 30 seconds
- 10 Sit Ups
- Plank - Hold for 35 seconds
- 5 Sit Ups
- REPEAT

RUNNING RELATED ACTIVITIES - ENDURANCE (20 MIN)

2k Plan

15-20 min

- 1 minute jog
- 30 second high speed run
- 1 minute jog
- 30 second high speed run
- 1 minute jog
- 30 second high speed run
- 1 minute walk
- Repeat x 4

5k Plan

20-25 min

- 1 minute jog
- 30 second high speed run
- 1 minute jog
- 30 second high speed run
- 1 minute jog
- 30 second high speed run
- 1 minute walk
- Repeat x 6

COOL DOWN (5-10 MIN)

- Square Breathing



EXPERT TIP FROM KEVIN:
"To live a creative life, we must lose our fear of being wrong."

SIT UPS

Week 10, Day 2 - Cardio



30-60 MINUTES



TIP:

Combining cardio and strength training improves how your muscles function, including your heart!

WARM UP (5-10 MIN)

Complete the below movements for 30 seconds, then REST for 10 seconds.

- Jumping Jacks
- Butt Kicks
- Plank
- REPEAT cycle 3 times in total

CARDIO (20 MIN)

- 30 Mountain Climbers
- 20 Sit ups

Rest for 30 seconds

- 15 Sit Ups
- 20 Ab Bikes

Rest for 30 seconds

Repeat 2 times

RUNNING RELATED ACTIVITIES (20 MIN)

2k Plan

15-20 min

- 1 minute jog
- 30 second high speed run
- 1 minute jog
- 30 second high speed run
- 1 minute jog
- 30 second high speed run
- 1 minute walk
- Repeat x 4

5k Plan

20-25 min

- 1 minute jog
- 30 second high speed run
- 1 minute jog
- 30 second high speed run
- 1 minute jog
- 30 second high speed run
- 1 minute walk
- Repeat x 6

GAME (5-10 MIN)

- Fishy Fishy Cross My Ocean
- See appendix at the end of the document.

COOL DOWN (5-10 MIN)

- Ab Stretch, 60 seconds
- Standing Hamstring and Calf Stretch, 60 seconds

Let's Run!

Week 10, Day 3 - Running

 **30-60 MINUTES**

WARM UP & DYNAMIC STRETCHING (5-10 MIN)

1 minute walk. Butt kickers, high knees, jumping jacks, side shuffle (both directions), arm circles. Repeat 5 times (10 minutes)

RUNNING RELATED ACTIVITIES - ENDURANCE (20 MIN)

2k Plan

15-20 min

- 1 minute jog
- 30 second high speed run
- 1 minute jog
- 30 second high speed run
- 1 minute jog
- 30 second high speed run
- 1 minute walk
- Repeat x 4

5k Plan

20-25 min

- 1 minute jog
- 30 second high speed run
- 1 minute jog
- 30 second high speed run
- 1 minute jog
- 30 second high speed run
- 1 minute walk
- Repeat x 6

GAME (5-10 MIN)

- Red Light Green Light
- See appendix at the end of the document.

COOL DOWN & MOVEMENT FLOW (5-10 MIN)

Continue walking until your heart rate has come down to where you can comfortably carry on a conversation.

Movement flow for runners (see video):

Downward dog, low lunge, reclining hand to big toe, reclining pigeon, cross legged forward fold. Hold each pose for 20-40 seconds.



GOAL SETTING

Today you will do walk/jog/run intervals and will finish your workout with four to six sets of distance sprints. These are fun to do with a partner, when possible. Time one another to see if you can beat your own time, or race.

Welcome to Week Eleven

Watch the video below to learn about the skill of the week!

RUNNING

Skill Overview: Running Metrics



Coached by:
Alumni Active Kid and
Former D1 Runner
Owen Chase

SKILL DESCRIPTION & DETAILS

It's time to let your participants test their growth! By now they should be experiencing increases in both strength and endurance, and a timed run is a great way to show measurable change.

You will want to follow the exact course you ran in week 3. You will need a stopwatch and your record of times from week 3.

Divide your participants into small, manageable groups, use your same 400-meter course, and have each student run the course while being timed. Record their time. Now, deduct their new time from their old time to see any improvements.

Our full metrics how-to instructions can be found at the back of this workbook.

RUNNING METRICS

Week 11, Day 1 - HIIT

 **30-60 MINUTES**

WARM UP (5-10 MIN)

Tabatas. Perform each exercise for 20 seconds, rest for 10 seconds.

- High Knees, Mountain Climbers, Jumping Jacks, Fast Feet
- REPEAT cycle 2 times



EXPERT TIP FROM OWEN:

"When a workout is tough think about all the hard work you put into training!"

METRICS:

- Break your class into small groups to run metrics.
- While some children are doing the timed run, have the others complete the skills or challenge below.

FULL METRICS INSTRUCTIONS AVAILABLE AT THE BACK OF THIS WORKBOOK

HIIT (20 MIN)

Complete each of the below exercises for 30 seconds.

Rest for 30 seconds between exercises.

- Plank Jack
- Sit Ups
- X Plank
- Sit Ups
- Plank
- Sit Ups
- Side Plank
- Sit Ups
- Side Plank

CHALLENGE (20 MIN)

Wacky Dice Sit Ups

- Choose 3 non traditional sit ups to perform (e.g., rainbow sit up - hold small object or move your hands in the shape of a rainbow over head while sitting up, Russian twist, butterfly sit up (feet together sit up).
- Roll dice - perform that many of your chosen sit ups.
- Repeat rolling 3-5 times or for 15-20 minutes.

COOL DOWN (5-10 MIN)

- Child's Pose, 60 seconds, Ab Stretch, 60 seconds, Standing Hamstring and Calf Stretch, 60 seconds

RUNNING METRICS

Week 11, Day 2 - HIIT

 **30-60 MINUTES**

WARM UP (5-10 MIN)

AMRAP - Set a timer for 8-10 minutes.

Complete as many rounds of the below as possible.

- 15 Jumping Jacks, 30 High Knees (15 per side), 30 Butt Kicks (15 per side), 3 Burpees



EXPERT TIP FROM
OWEN:

"Never give up and push for the goals you want to achieve!"

METRICS:

- Break your class into small groups to run metrics.
- While some children are doing the timed run, have the others complete the skills or challenge below.

FULL METRICS INSTRUCTIONS AVAILABLE AT THE BACK OF THIS WORKBOOK

HIIT (20 MIN)

Complete each of the below exercises for 30 seconds, resting for 30 seconds in between each exercise.

- Plank
- Drop Push Up
- Burpee
- Jump Squat
- REPEAT 3 times

CHALLENGE : BURPEE MINUTE TO WIN IT (20 MIN)

- Choose 2 fun skills that you enjoyed (e.g., pop squat, rainbow sit up, wacky jumping jack, tuck jump, marching in place).
- Perform 1 burpee and 2 chosen skills.
- Shuffle or skip 3 times to designated spot.
- Repeat burpee and skills.
- Continue for 1 minute keeping track of how many cycles you complete.
- Repeat 3 times, see if you can complete at least the same number of cycles for all 3 times.

GAME (5-10 MIN)

- Blob Tag
- See appendix at the end of the document.

COOL DOWN (5-10 MIN)

- Child's Pose, 60 seconds
- 10 reps Cat/Cow

Let's Run!

Week 11, Day 3 - Running

 **30-60 MINUTES**

WARM UP & DYNAMIC STRETCHING (5-10 MIN)

1 minute walk. Walking lunges, butt kickers, jumping jacks, high knees with a twist. Repeat 5 times (10 minutes).

GOAL SETTING

Test your endurance with ladders. Ladders are a workout where you increase the amount of time you're exercising incrementally, followed by a decrease in the amount of time you're exercising by the same increment until you reach the bottom of the ladder. Today, add one minute of running up the ladder to the top each round, then work back down. This is your longest run yet - be sure to go at your own pace. Add in walks as you need to, or slow/speed up your cadence and stride as needed.

METRICS:

- **Make-up day for anyone who may have missed timing the 400M run.**
- **Allow others to run with anyone needing to run and keep their previous or better their time.**
- **While some children are doing the timed run, have the others complete the training below then play a game.**

FULL METRICS INSTRUCTIONS AVAILABLE AT THE BACK OF THIS WORKBOOK.

INTERVALS & SPRINTS (15-25 MIN)

2k Plan

15-20 min

- 2 minute jog
- 30 second walk
- 3 minute jog
- 30 second walk
- 4 minute jog
- 30 second walk
- 5 minute jog
- 30 second walk
- 4 minute jog
- 30 second walk
- 3 minute jog
- 30 second walk
- 2 minute jog

5k Plan

20-25 min

- 1 minute jog in place
- 30 second walk in place
- 2 minute jog in place
- 30 second walk in place
- 3 minute jog in place
- 30 second walk in place
- 4 minutes jog in place
- 30 second walk in place
- 3 minute jog in place
- 30 second walk in place
- 2 minute jog in place
- 30 second walk in place
- 1 minute jog in place

GAME (5-10 MIN)

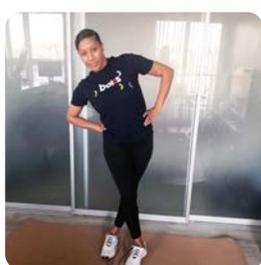
- Let students choose their favorite game.

COOL DOWN & STATIC STRETCHING (5-10 MIN)

Continue walking until your heart rate has come down to where you can comfortably carry on a conversation. Hold each stretch for 20-40 seconds.



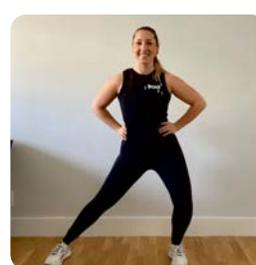
HIP FLEXOR KNEELING STRETCH



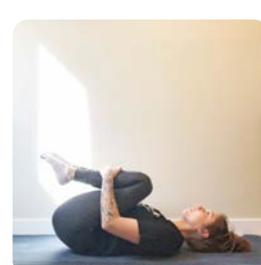
IT BAND STRETCH



HAMSTRING STRETCH



INNER THIGH STRETCH



KNEE HUG

Welcome to Week Twelve

Watch the video below to learn about the skill of the week!

R RUNNING

Skill Overview: World's Greatest Stretch



Coached by
Reebok HQ Trainer:
Shea Pease



SKILL DESCRIPTIONS & DETAILS

The World's Greatest Stretch (WGS) is a dynamic, full-body mobility movement designed to increase flexibility, improve range of motion, and activate multiple muscle groups. It is often used as a warm-up or recovery exercise to enhance athletic performance and prevent injuries.

How to Perform the World's Greatest Stretch

1. Start in a High Plank Position – Begin with your hands and feet on the ground, body in a straight line.
2. Step One Foot Forward – Bring your right foot up outside your right hand, landing in a deep lunge position. Keep your left leg extended straight behind you.
3. Lower the Back Knee (Optional) – If you need a modification, gently place your left knee on the ground for extra support.
4. Rotate and Reach Up – With your right foot still forward, twist your torso and reach your right hand toward the sky, opening up the chest.
5. Hold for a Few Seconds, feeling the stretch in your hips, shoulders, and back.
6. Return to Plank – Bring your right hand down, step your right foot back to plank, and repeat on the other side.

Muscles Worked & Benefits

- Hip Flexors & Glutes – Open up tight hips and activate glutes for better movement.
- Hamstrings & Quads – Improve leg flexibility and range of motion.
- Core & Obliques – Engage core muscles for balance and stability.
- Shoulders & Spine – Increase thoracic mobility and relieve upper-body stiffness.

This functional movement is ideal for athletes, runners, and anyone looking to improve flexibility and mobility, making it a go-to stretch for both warm-ups and recovery.

WORLD'S GREATEST STRETCH

Week 12, Day 1 - Stretching/Taper

 **30-60 MINUTES**

WARM UP (5-10 MIN)

Perform each exercise for 30 seconds.

- Plank
- Arm Circles Forward
- Arm Circles Backward
- Arms Up and down
- REPEAT 4 times

SKILL (20 MIN)

- World's Greatest Stretch
 - Left Side (hold for 30 seconds)
- World's Greatest Stretch
 - Right Side (hold for 30 seconds)
- Plank 30 seconds
- Mountain Climbers 30 seconds
- REPEAT 4 times

RUNNING RELATED ACTIVITIES (20 MIN)

2k or 5k Plan 15-20 min

- Take a 20 minute walk and use your senses while you do.
- Notice what you can:
 - Smell
 - Touch
 - Hear
 - Sight
 - Taste

GAME (5-10 MIN)

- Final week, students choose their favorite game

COOL DOWN (5-10 MIN)

- Square Breathing
- Quad Stretch, 60 seconds on each side



EXPERT TIP FROM SHEA:
"When a workout is tough and you want to quit, remember why you started it. What will make you proud - stopping or completing the workout?"

WORLD'S GREATEST STRETCH

Week 12, Day 2 - Stretching/Taper

 **30-60 MINUTES**

WARM UP (5-10 MIN)

- Hold each stretch for 30 seconds
- Standing Quad Stretch (Right and Left)
- Standing Hamstring (Right and Left)
- Calf Stretch (Knees straight and bent)
- Repeat 2 times each

CARDIO (20 MIN)

Go for a walk, 20-40 minutes. Not able to go outside? March in place. Make it more interesting by adding some jumping jacks or squats along with your march.

STRETCHING/YOGA CHALLENGE ACTIVITIES (20 MIN)

Yoga Flow Challenge

- Hold in each pose for 20-30 seconds.
- Start standing up straight in mountain pose.
- Forward bend placing hands on the floor.
- Step back into downward dog.
- Move forward into a plank position. Lower to the stomach and press hands into the floor for cobra.
- Press back into down dog, alternate stepping right and left foot forward. Stretching into a lunge.
- Repeat 3 times.

GAME (5-10 MIN)

- Final week, students choose their favorite game.

COOL DOWN - World's Greatest Stretch (5-10 MIN)

- See video above
- 60 seconds on each side
- REPEAT



TIP: Stretching is not a competition, and everyone has different levels of flexibility. Push yourself to feel a deep stretch, but not to the point of pain!

Let's Run!

Week 12, Day 3 - Running

 **30-60 MINUTES**

WARM UP & DYNAMIC STRETCHING (5-10 MIN)

1 minute walk, ten walking lunges per leg, side shuffle left ten paces, side shuffle right ten paces. Repeat 5 times (10 minutes).

RUNNING RELATED ACTIVITIES: FINAL RUN (20 MIN)

CELEBRATION 2K OR 5K

- Materials needed: Cones or chalk, stop watch or other timer, clipboard or paper (if recording times).
- Choose if your group will run a 2k or 5k run. If you are up for the challenge you can have some run 2k and some run 5k.
- Map out a running course or courses, 2k or 5k using cones or chalk.
- KEY POINTS: Start easy, try to run the whole time, pass on the outside.
- Decide if all will start together or you will begin in heats of 15-20 kids at a time (faster students should go first so they don't overtake the others while running).
- If starting in heats, wait 15-30 seconds after the first start for second wave.
- Provide water and stretching after for a proper cool down.
- Celebrate everyone.

GAMES (5-10 MIN)

- Let the students choose games to play.
- Play games for the remainder of class

COOL DOWN & STATIC STRETCHING (5-10 MIN)

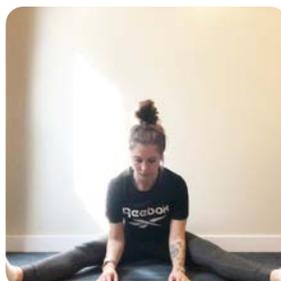
Continue walking until your heart rate has come down to where you can comfortably carry on a conversation. Hold each stretch for 20-40 seconds. (5 minutes)



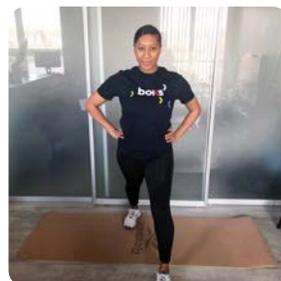
QUADRICEP STRETCH



HAMSTRING STRETCH



ADDUCTOR STRETCH



CALF STRETCH



GLUTE STRETCH

GOAL SETTING

Today your total workout time will increase by 5 minutes. This allows your bursts of activity to increase. Try your best to keep moving! You're doing GREAT!

GLOSSARY

of Key Terms

- **HIT (High Intensity Training):** A form of workout involving short bursts of high effort followed by periods of rest or lower intensity.
- **HIIT (High Intensity Interval Training):** A specific type of HIT involving repeated cycles of high-intensity exercise for a set duration followed by short rest intervals.
- **Tabata:** A style of HIIT where you work out for 20 seconds with maximum effort followed by 10 seconds of rest, repeated typically for 4 minutes.
- **RPE (Rate of Perceived Exertion):** A scale measuring how hard you feel you're working during physical activity, ranging from 1 (easy) to 10 (maximum effort).
- **AMRAP (As Many Rounds As Possible):** A workout structure where participants complete as many rounds of a prescribed set of exercises as possible within a set time.
- **Ladder:** A workout format where you increase repetitions or intensity incrementally, and sometimes reverse to decrease as you progress.
- **Pyramid:** A workout format where you progressively increase repetitions or intensity to a peak and then decrease back to the starting level.
- **Plank Jack:** An exercise combining the plank position with jumping your feet in and out, similar to a jumping jack motion.
- **X Plank:** A variation of the plank where one foot is brought toward the stomach to tap with the opposite hand, alternating sides.
- **Square Breathing:** A relaxation technique involving inhaling, holding the breath, exhaling, and holding the breath again, each for the same duration, often visualized as tracing a square.
- **Fast Feet:** A cardio exercise where you march or run in place quickly with minimal foot lift.
- **Skill Challenge:** A workout goal involving completing a set number of repetitions or tasks as a benchmark or achievement.
- **Dynamic Stretching:** Stretching through movement to prepare the muscles for physical activity.
- **Static Stretching:** Holding a stretch for a prolonged period to improve flexibility and aid muscle recovery.

BONUS RUNNING ACTIVITIES

**Congratulations, you
completed Ready, Set, Run -
a 12 week running challenge!**



Bonus Running Activities

If you want to continue having fun with running, you can enjoy a compilation of some running-related activities. They can be done almost anywhere and require no equipment. These can also be integrated into your eight week program.

Running Related Activities and Games

BONUS

ACTIVE AS IF

Format: Individual Activity

Materials: None

Set Up: Kids in an open area

Objective: Get moving!

- Read Sentences to the class. Have kids act out each sentence for 30 seconds:
- Jog in place as if a big scary bear is chasing you.
- Walk forward as if you're walking through quicksand.
- Jump in place as if you are popcorn popping.
- Reach up as if grabbing balloons out of the air.
- March in place and play the drums as if you're in a marching band.
- Paint as if the paint brush is attached to your head.
- Swim as if you are in a giant pool of yogurt.
- Move your feet on the floor as if you are ice skating.
- Shake your body as if you are a wet dog.

ACTIVE UP AND DOWN

Divide into 2 teams, Team Up and Team Down

Materials: All the cones

Set Up: Lay out all the cones randomly throughout the gym or field

Objective: Get Moving!

- Kids race around the gym trying to move the cones.
- Team Up tries to keep the cones standing up. Team Down tries to keep the cones lying down.
- After a few minutes, cue the kids to freeze. See which team has more cones up or down.
- Play again, but this time, Team Up is now Team Down and vice versa. You can repeat for as long as you have time.

Suggestion: You can have the kids stop using their hands, move around doing a crab walk or on their hands and knees to slow them down. Keep alternating how the kids need to move around.

BEAT THE CLOCK

Format: Group activity.

Materials: Stop watch, four cones.

Set Up: Set up four cones, marking off a running area.

Object: To run the entire time without needing to sit out.

- Have all of the kids spread out around the running area inside or outside. They should run on the perimeter of the field to avoid collisions.
- Trainer says "go" and the kids start running for 30 seconds. The trainer says "stop" and the kids will have 30 seconds to rest and recover.
- Next, the trainer says "go" and the kids start running for 40 seconds. The trainer says "stop" and the kids will have 20 seconds to rest and recover. Then, the trainer says "go" and the kids start running for 50 seconds. The trainer says "stop" and the kids will have 10 seconds to rest and recover.
- Then, the trainer says "go" and the kids run for an entire minute.
- The trainer says "stop" and the kids will have a minute to rest and recover.
- Repeat as desired, if time allows.

Running Related Activities and Games

BONUS

BLOB TAB

- Choose Taggers
- Pick 2 players to start as the “blob.” They hold hands and are the first taggers.
- The blob chases the rest of the players around the space, trying to tag them.
- When tagged, a player joins hands with the blob. The blob keeps growing as it tags more players.
- Blob must stay connected (hands linked or elbows hooked). If the blob gets too big (6+ players), it can split into two smaller blobs.
- Play until everyone is part of a blob or until time is called. Restart with new taggers if time allows.

BREAK THE SNAKE

Format: Two or three snakes inside gym

Materials: None

Set Up: Use boundaries to create an appropriate size play area as needed.

Objective: Get Moving!

- Put the kids in groups of 7-8 with a trainer in each group.
- Have the kids all connect hands and stand side-by-side.
- The line leader will start moving and the others try to follow, while continuing to hold hands.
- Line leader should not sprint, but use movements such as skipping, hopping, slow jog or galloping.
- The leader’s aim is to move so that the others cannot keep their hands together.
- When the line (snake) is “broken,” the snake leader goes to the far end of the line.
- The snake then reforms and the game resumes. Change the leader every minute no matter if the snake has broken or not.
- The goal is to move up towards the head of the snake as the game progresses.

CAPTURE THE FLAG

Materials: Cones, bean bags, pinnies

Set Up: Set up flag zones on each side of the play area. Create the center boundary line that divides the two teams/sides. Put equal amount of bean bags (“flags”) on the far end of each team’s space. Put one team in pinnies

Objective: To be the first team to capture the “flags” and get them back to your teams side without being tagged and sent to the flag zone

- Whistle blows and kids start running to steal opponents “flags”.
- Kids can get tagged once they cross the boundary to the other team’s area.
- If tagged, kids go to opponent’s flag zone .
- To get out of the flag zone , another teammate must tag you and free you without getting caught. When leaving the flag zone you get a free walk back to your side, but the kid that did the releasing does not.
- Kids can make a chain in the flag zone by linking arms and then only one kid needs to get tagged for them to all get released.
- If a kid gets a “flag” but then gets tagged they need to return the “flag” to its original spot and go to the flag zone.
- First team to capture all the “flags” without getting sent to the flag zone wins!

Running Related Activities and Games

BONUS

CASTLEBALL

Format: Running and rolling balls

Materials: Hula Hoops or cones and balls

Set Up: Put the kids in teams of 6 - 8 and give each team 3 hula hoops and/or 3 cones, cups etc.

Objective: Protect your castle and knock down others

- Each team uses 3 hula hoops and/or 3 cones to make a structure (castle). Give the kids one minute to do this.
- Balls are placed randomly around the gym or field
- Once all castles are built each team has to nominate 1-2 people to guard the castle. The other team members run around and try to knock down other castles.
- You can knock down a castle by rolling a ball into it.
- Guards need to be a body's length away from their own castle while guarding.
- If your castle gets knocked over, then your team will do 5 burpees together and then rebuild your castle in order to continue playing.
- Other teams cannot knock down the castle while it is being rebuilt.
- After 2 minutes of playing, blow the whistle and tell the kids to switch up guards. This gives everyone a chance.

EVERYBODY TAG

Format: 2 teams – split up the class using color groups

Materials: Cones

Set Up: If outside, set up 2 end zones. If inside, use each end of the gym.

Objective: Don't get tagged!

- Put each team in opposite end zones.
- Choose one team to be taggers that tries to tag every member of the other team. Give the taggers pinnies to wear.
- Time them to see how long it took to tag everybody. Timing ends when the last person is tagged.
- Now the other team is the taggers. Time them to see how long it takes to tag everybody.
- The "winner" is the team that tagged everybody in the shortest amount of time.

FISHY FISHY CROSS MY OCEAN

Format: Individual activity

Materials: None

Set Up: Kids spread out across gym or field; there is a safety zone at each side of the field.

Objective: Last fish left is the winner.

- There are 5 sharks and the remaining kids are fish. The fish try to cross ocean when they hear "fishy, fishy cross my ocean" cued by the sharks.
- Sharks chase after fish and if a fish is caught, they becomes a shark. Fish can rest in safety zone after crossing until next command is communicated.
- Play for 5 - 10 minutes.
- Tips: Call the kids out by grade or color group to manage safety.
- Allow the sharks to be the trainers or a certain grade and then alternate.
- Have the sharks wear pinnies, so the fish know who to run from.

Running Related Activities and Games

BONUS

FLAG TAG

Materials: Tail or flag (cut up some old sheets or use plastic grocery bags)

Set Up: kids spread out across gym or field.

Objective: Pull out tails; try to get as many tails as possible.

Details:

- Kids put tails into side of pants, pocket or belt.
- Kids run around the gym trying to pull others tails, while keeping their own tail.
- If kid's tail is pulled, they can keep playing, but as soon as the kid collects another tail, they must put it back into side of pants and then re-enter the game.
- Alternatively, a trainer can make extra tails if needed.
- Keep playing for 5 minutes.
- When time is called, see who has collected the most bags/tails to determine a "winner"

FREEZE DANCE

Materials: Music

Set Up: Students spread out throughout the space.

Object: Get moving and have fun.

Details:

- Start some upbeat music.
- Have the kids dance/move freely (trainer can guide kids in movements such as "move like a robot", "pretend to be a flag flapping in the wind", "do the twist", etc.).
- Pause the music. The kids should pause/freeze in the position they are in at that exact moment.
- If students move, have all students perform two jumping jacks before resuming game with music.
- Repeat two times but switch "jumping jacks" movement to "squats" and then to "crunches/sit-ups".
- Continue for desired amount of time.

FREEZE RUN

Materials: Cones on outside corners of gym or field.

Set Up: Kids spread out across gym or field.

Object: Run while music is playing, stop when it is turned off.

Details:

- Turn on the music and kids start jogging.
- If a kid keeps moving when music is turned off, they becomes a judge to spot others.
- Keep playing until most of the kids are judges or time runs out.

Running Related Activities and Games

BONUS

FREEZE TAG

Materials: None

Set Up: Students spread out through the space.

Object: Build endurance and have fun.

Details:

- Choose a tagger (choose a couple if your group is big).
- Taggers chase others around the space trying to tag them.
- When tagged, a player freezes in place in the position that they are in.
- Players can be unfrozen by receiving a high five from a player who is not "it" and has not yet been tagged.
- Play until everyone is frozen or until time is called.
- Restart with new taggers if time allows.

HOT DOG TAG

Materials: None

Set Up: Spread out throughout the activity space.

Object: Build endurance and have fun.

Details:

- Designate one kid as "it".
- When a player is tagged, they go into a plank position, as if they are a hot dog. To get back in the game, two free players need to form a plank on either side of the "hot dog" to form the bun.
- Hold the plank position to a count of four and then they are free to join the game again.
- The kid who is "it" cannot tag any of the three players completing the hot dog until they have joined back in.
- Switch the role of tagger every couple of minutes.

INSIDE THE GYM PERIMETER, STAIRS, OR HALLWAY RUN

Format: Group activity.

Materials: Cones.

Set Up: Organize the kids into groups or lines if using a restricted space.

Object: Improve endurance.

- If your weather or timing does not permit running outdoors, kids can run the perimeter of the gym, through the halls or up and down stairs for a designated amount of time. In the gym, consider putting cones on each corner of the gym to keep kids towards the outside area.
- Please obtain approval from the principal before allowing kids to run a course through the hallways or stairs. In the gym, music can motivate the kids to keep moving.
- Have the kids vary the movements, first having them run, then shuffle, then skip, etc.
- Have the kids start and stop or freeze and then change the movement or the direction they are running.
- Have the kids run the longer side of the gym, assuming it is a rectangle and shuffle or skip on the shorter side.
- Have the kids all start in different corners so they don't bunch up, stop moving, or trip.
- Have the kids run with a buddy.

Running Related Activities and Games

BONUS

LOOSE CABOOSE

Materials: None

Set Up: Spread out throughout the activity space in groups of three with one designated "loose caboose".

Object: Fun and build endurance.

Details:

- One kid is the loose caboose while the remaining kids break into groups of three.
- Form small trains by holding on to the hips of the person in front of them.
- The loose caboose chases the trains and tries to attach to one of the ends.
- When the caboose successfully attaches to one of the trains, the leader of that train becomes the new loose caboose.
- Continue for desired amount of time.

PAPER BAG GAME

Material: Paper bag and pieces of paper or a white board.

Set Up: Kids work together in groups of 8-10.

Object: Build endurance and have fun.

Details:

- On small pieces of paper, the leader writes down the names of outdoor landmarks within their vicinity (e.g. bleachers, goal post, swings, maple tree, rocks, slide).
- Place the pieces of paper in a small bag, that is easy to carry around and run with - brown paper bag/lunch bag. One kid pulls out a piece of paper and reads the location. Then they all run to that spot.
- Once everyone reaches the destination a different kid pulls out another piece of paper.
- Continue until everyone has had a chance to pick a paper or two.

PARTNER RUN

Materials: None.

Set Up: Set up a running route or put boundaries up inside the gym or on the field with cones.

Object: Improve endurance.

Details:

- Kids will get moving using whistles as a cue.
- Explain that when you blow the whistle once, everyone starts to walk. When you blow the whistle twice, everyone will jog.
- When you blow the whistle three times, everyone will run.
- Alternate the whistle blows so that kids get moderate and maximum exertion levels over the activity time.
- Make sure the kids have a staggered start. Kids can pass one another, but they can't cut the boundaries. Play music if possible too!

Running Related Activities and Games

BONUS

RED LIGHT GREEN LIGHT

Materials: Cones.

Set Up: 4 cones placed on the corners of the space.

Object: Move to the opposite side of space without being tagged.

Details:

- Choose a “caller” who is a player (or the teacher) who stands at one end of the space as the “stoplight.”
- Everyone else lines up at the opposite end of the space.
- The caller shouts “Green light!” and turns away. Players move forward (run, walk, skip—depending on rules)
- The caller suddenly shouts “Red light!” and turns to face the group.
- Everyone must freeze immediately.
- If the caller sees anyone still moving after “Red light!” that player must go back to the starting line.
- The first player to reach and tag the caller becomes the new stoplight, and the game restarts.

RELAY RACE RUN

Materials: Cones and batons.

Set Up: Eight to twelve cones, lined up on opposite sides of the gym or field.

Object: Pass the baton and be the first team to finish.

Details:

- Form lines behind all the cones based on color groups.
- There should be an equal number of kids from the color group lined up on opposite sides.
- You can create batons out of paper towel holders and colored tape.
- Give one baton to each color or team. 3-2-1- go, have the kids cycle through sprinting to the opposite cone and passing the baton to the next runner.
- Continue running until each kid has had at least a few turns for up to ten minutes.

Suggestions:

- You can also add in other movements besides running like skipping, side shuffle, grapevine, etc., as long as kids keep up the intensity of the pace.
- Modify as necessary and do your best to keep kids moving even when it’s not their turn!

ROCK PAPER SCISSORS TAG

Materials: None

Set Up: Section off the play space in the gym or on the field with the 4 cones.

Object: Get moving and have fun.

Details:

- Teach all of the kids the following movements:
- Jump up and down then stand spread arms and legs for PAPER
- Cross legs and arms for SCISSORS
- Squat down for ROCK
- Trainer designates 4-6 taggers, depending on the group size, and gives them each a plastic grocery bag.
- Trainer says “GO” and the taggers start chasing the kids.
- If tagged then that student and the tagger play rock, paper, scissors.
- The winner continues to run around and the non-winner takes the plastic grocery bag, puts it into the side of their pants/shorts and becomes a tagger.
- Play for 3 minutes and see if anyone wants to be a tagger that has not been one yet.
- Switch up taggers and play again.

Running Related Activities and Games

BONUS

SPORTS GALORE

Materials: None

Set Up: Kids stand in an open area.

Objective: Get moving!

Details:

- Call out the following sports skills for kids to mimic for at least 10- 15 seconds each:
 - Shooting a basketball
 - Running through tires
 - Swimming underwater
 - Shooting a hockey puck
 - Throwing a football
 - Serving a tennis ball
 - Batting a baseball
 - Downhill skiing
 - Shooting an arrow
 - Dribbling a soccer ball
 - Spiking a volleyball
 - Swinging a golf club
 - Fielding a ground ball and throwing it to first base

TOILET TAG

Materials: Pinnies for taggers.

Set Up: Kids spread out across gym.

Objective: Don't get tagged, flush team mates.

Details:

- Choose a few kids to be the "taggers" and have them wear a pinnie.
- Kids run around the gym trying not to be tagged.
- When tagged, squat down like on the toilet with 1 arm up.
- When a kid on same team "flushes" (pushes the arm down), the kid is back in the game.
- Alternate taggers every 2 minutes.
- Keep playing until time runs out.
- Have kids make a flushing sound when their arm is pushed!

Running Related Activities and Games

BONUS

TRIANGLE TAG

Materials: None.

Set Up: Put all kids in groups of four.

Object: To work as a team and protect one teammate from the chaser.

Details:

- Kids form groups of three and hold hands.
- The fourth kid in the group will be on the outside of the circle as the chaser.
- Designate one kid in the circle as the kid the chaser will try to tag.
- On the trainer's cue, the chaser will try and tag the designated kid in the group.
- The group holding hands will work together to try and protect the designated person.
- Once the chaser tags the designated kid, then switch roles among the group of four.

WALK JOG RUN

Materials: None.

Set Up: Set up a running route or put boundaries up inside the gym or on the field with cones.

Object: Improve endurance.

Details:

- Kids will get moving, based on whistles as a cue.
- Explain that when you blow the whistle once, everyone starts to walk. When you blow the whistle twice, everyone will jog.
- When you blow the whistle three times, everyone will run.
- Alternate the whistle blows so that kids get moderate and maximum exertion levels over the activity time.
- Make sure the kids stagger at the start. Kids can pass one another, but they can't cut the boundaries.
- Play music if possible too!

Metrics Protocol: 400-Meter Run

Timed Run

At the beginning and end of each session, we strongly encourage the Active Kids & Minds participants to perform a physical benchmark or metric to measure the changes in their physical activity abilities. By participating in Active Kids continuously over the session, it is expected that the children will show physical improvements in terms of speed and stamina. These physical changes can improve confidence levels, motivation, and self-esteem.

1. 400-meter run should be completed outside but can also be done inside. The lead trainer is responsible for determining and measuring the course.
2. It is important to set up the run in a way that can be duplicated at the end of the session, making sure both runs can be consistent.
3. Make sure all trainers and volunteers understand:
 - How to use the stopwatches,
 - When to start the watch (start at go, see below)
 - When to stop the watch (stop when foot crosses line)
4. You should determine in advance how many trainers and volunteers are available. If you do not have enough trainers, you can have some of the older children help, before or after they run. This is also an opportunity to get your school community involved. See if you can enlist the PE teacher or some other teachers to help, keeping the children organized or assisting in some way.
5. The children can run as a group, since they will be finishing sporadically. Each child does not need a designated timer:
 - One suggestion is to divide class by grades, K-1, 2-3, 4-5.
 - Start the runs with the oldest children, the 4th and 5th graders. They will be able to follow directions and set an example.
 - You can stagger older children around the course after they have completed to cheer on the younger children. This provides an opportunity to "feel good" that they have participated in making this successful.
 - Consider limiting the number of runners in each group to 10, to make sure you can accurately capture the running times.
6. Before metrics day:
 - Determine the running heats in advance of class
 - Assign trainers specific tasks to help make the process go smoothly (playing games with heats not running, watching the finish line, recording times, etc.)
 - Make name tags or assign numbers to students so you know who to call up to run and how best to record times. This process may evolve as you go and you will need to determine what works best at your school.
 - You may want to consider printing a special metrics class list from your attendance template. You can sort the children's names by grade instead of alphabetically.

Metrics Protocol: 400-Meter Run

Timed Run

7. Make sure the children are familiar with the running course before you start. You should have the children run the course several times during the prior classes to get used to the course and the distance. You can also have an older child run the course to show the younger children.
8. Make sure the participants understand what the rules are and why they are running:
 - Try to run THEIR fastest around the marked area (explain how many times if more than once).
 - It is not a race, they are trying to do THEIR personal best.
9. Trainers do not need to share the times with the participants. Trainers can stress children did a SUPER job! Some children will be motivated to run harder if they know their previous time. Please make sure to have the information handy just in case. You do not need to share the times unless you think it would help.
10. Day of preparation suggestions:
 - Mark start and end lines (can be the same) with chalk, cones or another kind of marker.
 - Drop cones to indicate the pathway of the run for the children.
 - Assess the weather – if it is rainy, slippery or inclement, make sure you have left enough time in your session to cancel and reschedule the metrics day.
11. Make sure that all children receive the same instruction before leaving the start line. Tell the children the start protocol:
 - You will start to run on my cue. I will count down backwards from 3 (3, 2, 1, go!).
 - Stick to the path outlined and run all the way through the finish line (indicate where that is).
 - You should run fast. You should run hard, so that if you had to talk, it would be really hard. Try very hard to keep running and not walk. If you get tired try to slow down, before you stop. You may find that if you slow down, you are able to keep running instead of stopping.
 - When you cross the finish line, shout out your name to confirm that you have finished.
 - We will record your time and then compare it to your time at the end of the session (or vice versa).
 - Do the best that you can today. Try to keep a positive attitude and remember that you have run this route before, and you can do it again now.
 - At the end of the session, remind the children how hard they have worked on their running during the session.
 - This is an opportunity to see how fit you have become during Active Kids this session.
12. As the children complete the run, they can cheer on their classmates while the rest of the group finishes. Definitely encourage enthusiasm amongst the participants. The other trainers and volunteers can also take the remaining children to another area and execute a modified lesson while they wait for their turn.
13.
 - After the oldest children have completed the metrics, have the youngest group start the run.
 - The 2nd and 3rd grade children will remember the protocol when they return to the next class if they don't get their turn.
 - If you have a lot of children missing from a particular grade, start with a different group so you don't need to make up the times for a large group of children.
14.
 - You will need to plan to have a make-up day for children that missed the initial timing. You can also have children run the metric again if they want, but YOU MUST USE THE INITIAL TIME! This is to ensure the legitimacy of the metric.

Metrics Protocol: 400-Meter Run

Timed Run

15. The metrics spreadsheet should be used to record the times. We must have both the initial and final times for each child. If you do not have both, you do not need to record the time on the spreadsheet.
16.
 - To record times, log in to the Trainer Hub and go to the session that you are in. Once there click on each participant and you will see the space where you enter that child's time.
 - The calculation will be done automatically.
17. Make sure you and your team of trainers have run the 400-meter course a few times to get a feel for it.
18. Take pride in this part of the Running Program. The 400-meter is very important to us and reflects how effective your physical activity has been during the session. Be proud of the kids' improvement!
19. Remind children that the metrics are essential. We want them to see how they can improve during the session. They work very hard during AK+M, and it will be fun to see the results of this work.
20. Encourage the children to try not to stop, but some may need to stop. The key is to explain that stopping isn't the only option when you are tired - slowing down should be attempted first.
21. Tell the children that even if they need to slow down or stop, they can try to run again when they start to have energy. Slowing down or walking is ok. But encourage the kids to start running again after they have rested a bit. Encourage trainers to yell out to children while the timing is going on. (i.e. "Why don't you try to run again - I think you can do it!")
22. You can spotlight some great performances. By reminding children that it is not necessarily about the fastest times, but rather about improvement over the session can be a great motivation tool. One suggestion is to announce the top 3 children that have made the greatest improvement over the session. If you have extra trinkets or incentives, you can offer these to the children for doing such a great job.
23. Please ensure that your course is easy enough to follow and will not allow kids to cheat. It is a good idea to measure your course more than one time to make sure the distance is accurate. Avoid making a course that has sharp turns or hills if possible. Consider taking the kids to a track for the metrics if you have a track nearby. It will be fun for them and easier for you!
24. To have a gauge, most children will run a 400 meter in between 90 seconds and 3 minutes, assuming they keep moving. If children run faster than 90 seconds, they would be an exceptional athlete in your group.
25. You can tell children that everyone has an off day and should not be discouraged if they do not feel good about their run. They can always rerun the course another time to get a sense of how they have improved, assuming you have time in your schedule.
26. Some children may be very resistant to running the metrics. We don't want to force a child if it will be too upsetting.

Metrics Protocol: 400-Meter Run

Timed Run

- 27.** There are many ways to improve running times during the session, not just by running the course over and over again. Some effective strategies include:
- Repetitive shorter sprints (100-meter, 200-meter, wind sprints or Tabatas).
 - Longer endurance runs like an 800/1200/1600-meter run.
 - Trail run if your school has the space.
 - Practice on a hill if you can do so safely.
- 28.** Based on experience, we have found that the most effective way to get accurate times is to have the same person time all of the children. Other trainers will run the lesson for the rest of the class, listen to times shouted out, help identify children who need to do their run, write down the times and manage the group that has just completed their run.

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Thank you!

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Active Kids & Minds Leadership Team

- Kathleen Tullie, MBA – Founder & CEO; Founder passionate about advancing preventative health equity and access to play and sport for all children.
- Kimberley Medeiros, M.Ed. – Operations and strategy lead and educator committed to engaging, inclusive sport and fitness.
- Vanessa Danon, M.A. Marketing Engineering of Brands – Marketing & Design Lead; Creative architect behind AK&M's visual storytelling and materials.
- Heather Chase, M.Ed. – Training & Content Lead; Developer of robust, evidence-based resources for trainers and educators.

Academic & Medical Advisors

- Dr. Elsie Taveras – Chief of General Pediatrics, Massachusetts General Hospital; National expert on childhood obesity and population health.
- Dr. Rachel Whooten – Pediatric Endocrinologist, Mass General Brigham; NIH-funded researcher leading studies on AK&M's impact on adolescent girls' health.
- Dr. Cedric Bryant – President & Chief Science Officer, American Council on Exercise (ACE); Expert in exercise science and public health.
- Dr. John Ratey – Associate Clinical Professor of Psychiatry, Harvard Medical School; Author of "Spark", his book linking physical activity to brain development.
- Dr. Wayne Westcott – Exercise Science Researcher, Quincy College; Authority in youth strength training and fitness evaluation.
- Dr. Georgia Hall – Director & Senior Research Scientist, National Institute on Out-of-School Time (NIOST); Expert in youth development and OST program evaluation.
- Dr. Laurene Rehman – Professor, Dalhousie University; Researcher focused on child and youth physical activity, recreation, and wellness outcomes.

Featured Trainers & Fitness Experts

- Carleen Tucker – Certified AK&M Trainer & Former Director of Development, American Heart Association
- Austin Malleolo – CrossFit Main Staff, Former GM of Reebok HQ Fitness
- Tom Miazga – Paralympian & WheelWOD Champion, Swim Coach, L1 Trainer
- Paul Wright – Fitness Professional & Founder of #GetWright
- Denise Thomas – CrossFit Trainer, Exercise Physiologist & Former Professional Soccer Player
- Conor Murphy – Navy Veteran & Certified Fitness Trainer
- Kevin O'Connell – Occupational Therapist & Inclusive Fitness Coach
- Brooke Rosenbauer – Health Coach & Youth Sports Mentor
- Shea Pease – Former BOKS employee
- Owen Chase – AK&M Student Alumnus, Division I College Runner

Your collective dedication to empowering kids through play, movement, and health education continues to inspire change in communities everywhere. Thank you.

**WELL
DONE,
ATHLETES!**

**You have completed the AK&M
Ready, Set, Run Program! Feel
strong and proud of yourself. You
are truly an ATHLETE!**

**Make sure to follow Active Kids &
Minds for more free resources and
activities.**



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