

1st and 2nd Grade

Mondays are "speed" days and Wednesdays are "long run" days. The workouts can be changed or modified as needed based on kids ability. We will also modify based on meets.

Week 1

Monday

6:00 -6:10 check in/meet coach and get to your area

6:10- 6:15 review tips, rules,

6:15 -6:20 walk/ jog EASY for 2 minute to warm kids up and do jumping jacks, hopping, karaoke

6:20- 6:30 Stretches

6:30- 6:50 running games, capture flag, etc (need games) also can do has mark cards if we have laps. INCORPORATE WATER BREAKS. BUT DO NOT STOP RUNNING

6:50 - 6:52 cool down run

6:52 - 7:00 stretches/ go over running tips with kids

Wednesday

6:00 -6:10 check in/meet coach and get to your area

6:10- 6:15 review tips, rules,

6:15 -6:20 walk/ jog EASY for 2 minute to warm kids up and do jumping jacks, hopping, karaoke

6:20-6:30 Stretches

6:30-6:50 run 2 minutes walk 4 minutes

run 2 minutes walk 4 minutes

run 3 minutes walk 4 minutes

INCORPORATE WATER BREAKS. BUT DO NOT STOP RUNNING

6:50 - 6:52 cool down run/walk

6:52- 7:00 stretches/ go over running tips with kids

Week 2

Monday

6:00 -6:10 check in/meet coach and get to your area

6:10- 6:15 review tips, rules,

6:15 -6:20 walk/ jog EASY for 2 minute to warm kids up and do jumping jacks, hopping, karaoke

6:20- 6:30 Stretches

6:30 -6:50 **cone sprints** run to far cone walk back do 10 times (distance?)
four stations drill - create 4 stations with cones in a square and on the whistle the kids run to the station and will perform activities there. activities such as jumping jacks, sit ups, push ups, walking lunges.

6:50 - 6:52 cool down run
6:52 - 7:00 stretches/ go over running tips with kids

Wednesday

6:00 -6:10 check in/meet coach and get to your area
6:10- 6:15 review tips, rules,
6:15 -6:20 walk/ jog EASY for 2 minute to warm kids up and do jumping jacks, hopping, karaoke
6:20-6:30 Stretches
6:30-6:50 run 3 minutes walk 3 minutes
run 3 minutes walk 3 minutes
run 4 minutes walk 4 minutes
INCORPORATE WATER BREAKS. BUT DO NOT STOP RUNNING
6:50 - 6:52 cool down run/walk
6:52- 7:00 stretches/ go over running tips with kids

Week 3

Monday

6:00 -6:10 check in/meet coach and get to your area
6:10- 6:15 review tips, rules,
6:15 -6:20 walk/ jog EASY for 2 minute to warm kids up and do jumping jacks, hopping, karaoke
6:20- 6:30 Stretches
6:30- 6:50 100m sprints, or approximate distance. set up cones and have kids to 4-6 sets of these. use 2 cones and run to one, then walk back. Next kid starts when one gets to the far cone.
Running Game : **STUCK IN THE MUD**
A basic tag game.
If children are tagged, they must stand with their legs apart (stuck in the mud) until someone crawls through and releases them.

6:50 - 6:52 cool down run
6:52 - 7:00 stretches/ go over running tips with kids

Wednesday

6:00 -6:10 check in/meet coach and get to your area
6:10- 6:15 review tips, rules,
6:15 -6:20 walk/ jog EASY for 2 minute to warm kids up and do jumping jacks, hopping,
karaoke
6:20-6:30 Stretches
6:30-6:50 run 4 minutes walk 3 minutes
run 4 minutes walk 3 minutes
run 4 minutes walk 2 minutes
INCORPORATE WATER BREAKS. BUT DO NOT STOP RUNNING
6:50 - 6:52 cool down run/walk
6:52- 7:00 stretches/ go over running tips with kids

Week 4

Monday

6:00 -6:10 check in/meet coach and get to your area
6:10- 6:15 review tips, rules,
6:15 -6:20 walk/ jog EASY for 2 minute to warm kids up and do jumping jacks, hopping,
karaoke
6:20- 6:30 Stretches
6:30 -6:50 **Relay Races.** Can any relay to make the kids compete and have fun building on teamwork. Can run the length of the track with 3 kids space at corners. do 2 groups at a time. hand off a baton, hat etc. First person back wins.
Capture The Flag. Have the kids divided into 2 teams. Take them to a field and divide the field into two. Mark midfield with several cones or markers. From here, have each team place their flag 50 feet away from the center of the field. On your whistle, have each team try to run and grab the flag on the other side of the field. If a player is tagged on the other side of the field, that player must go to "jail." You can only be rescued from jail if a teammate frees you. The team who captures the most flags by the end of the allotted time is the winner.

6:50 - 6:52 cool down run
6:52 - 7:00 stretches/ go over running tips with kids

Wednesday

6:00 -6:10 check in/meet coach and get to your area
6:10- 6:15 review tips, rules,
6:15 -6:20 walk/ jog EASY for 2 minute to warm kids up and do jumping jacks, hopping,
karaoke
6:20 - 6:30 Stretches
6:30 - 6:50 run 3 minutes, walk 3 minutes

run 3 minutes, walk 3 minutes
run 2 minutes, walk 2 minutes
run 2 minutes, walk 2 minutes

INCORPORATE WATER BREAKS. BUT DO NOT STOP RUNNING

6:50 - 6:52 cool down run/walk

6:52- 7:00 stretches/ go over running tips with kids

Week 5

Monday

6:00 -6:10 check in/meet coach and get to your area

6:10- 6:15 review tips, rules,

6:15 -6:20 walk/ jog EASY for 2 minute to warm kids up and do jumping jacks, hopping, karaoke

6:20- 6:30 Stretches

6:30 -6:50 **200mm intervals**

have kids run approximate 200 meter intervals then walk 200 meters. do 4 sets of these if possible. Kids can run 90 maximum effort on these. Trying to teach them to run hard but not burn out because they still have 3 more to do after 1st one.

Finish running with game of tag or capture flag.

6:50 - 6:52 cool down run

6:52 - 7:00 stretches/ go over running tips with kids

Wednesday

6:00 -6:10 check in/meet coach and get to your area

6:10- 6:15 review tips, rules,

6:15 -6:20 walk/ jog EASY for 2 minute to warm kids up and do jumping jacks, hopping, karaoke

6:20-6:30 Stretches

6:30-6:50 #####or we can do 20 minutes of games #####

run 3 minutes walk 3 minutes

run 2 minutes walk 2 minutes

run 3 minutes walk 3 minutes

run 2 minutes walk 2 minutes

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6:52- 7:00 stretches/ go over running tips with kids

Week 6

Monday

6:00 -6:10 check in/meet coach and get to your area

6:10- 6:15 review tips, rules,

6:15 -6:20 walk/ jog EASY for 2 minute to warm kids up and do jumping jacks, hopping, karaoke
6:20- 6:30 Stretches
6:30 -6:50 Running Games (see attached handout and pick from games to get kids active and stay interested)
6:50 - 6:52 cool down run
6:52 - 7:00 stretches/ go over running tips with kids

Wednesday

6:00 -6:10 check in/meet coach and get to your area
6:10- 6:15 review tips, rules,
6:15 -6:20 walk/ jog EASY for 2 minute to warm kids up and do jumping jacks, hopping, karaoke
6:20-6:30 Stretches
6:30-6:50 run 5 minutes walk 3 minutes
run 5 minutes walk 3 minutes
run 2 minutes walk 2 minutes
INCORPORATE WATER BREAKS. BUT DO NOT STOP RUNNING
6:50 - 6:52 cool down run/walk
6:52- 7:00 stretches/ go over running tips with kids

Week 7

Monday

6:00 -6:10 check in/meet coach and get to your area
6:10- 6:15 review tips, rules,
6:15 -6:20 walk/ jog EASY for 2 minute to warm kids up and do jumping jacks, hopping, karaoke
6:20- 6:30 Stretches
6:30 -6:50 Running Games (see attached handout and pick from games to get kids active and stay interested)
6:50 - 6:52 cool down run
6:52 - 7:00 stretches/ go over running tips with kids

Monday

6:00 -6:10 check in/meet coach and get to your area
6:10- 6:15 review tips, rules,
6:15 -6:20 walk/ jog EASY for 2 minute to warm kids up and do jumping jacks, hopping, karaoke
6:20- 6:30 Stretches
6:30 -6:50 Running Games (see attached handout and pick from games to get kids active and stay interested)
6:50 - 6:52 cool down run
6:52 - 7:00 stretches/ go over running tips with kids

Wednesday

6:00 -6:10 check in/meet coach and get to your area
6:10- 6:15 review tips, rules,
6:15 -6:20 walk/ jog EASY for 2 minute to warm kids up and do jumping jacks, hopping,
karaoke
6:20-6:30 Stretches
6:30-6:50 run 6 minutes walk 3 minutes
run 6 minutes walk 3 minutes
run 1 minute walk 1 minute
INCORPORATE WATER BREAKS. BUT DO NOT STOP RUNNING
6:50 - 6:52 cool down run/walk
6:52- 7:00 stretches/ go over running tips with kids

Week 8

Monday

6:00 -6:10 check in/meet coach and get to your area
6:10- 6:15 review tips, rules,
6:15 -6:20 walk/ jog EASY for 2 minute to warm kids up and do jumping jacks, hopping,
karaoke
6:20- 6:30 Stretches
6:30 -6:50 Running Games (see attached handout and pick from games to get kids active
and stay interested)
6:50 - 6:52 cool down run
6:52 - 7:00 stretches/ go over running tips with kids

Wednesday

6:00 -6:10 check in/meet coach and get to your area
6:10- 6:15 review tips, rules,
6:15 -6:20 walk/ jog EASY for 2 minute to warm kids up and do jumping jacks, hopping,
karaoke
6:20-6:30 Stretches
6:30-6:50 run 8 minutes walk 2 minutes
run 8 minutes walk 2 minutes
INCORPORATE WATER BREAKS. BUT DO NOT STOP RUNNING
6:50 - 6:52 cool down run/walk
6:52- 7:00 stretches/ go over running tips with kids

Week 9

Monday

6:00 -6:10 check in/meet coach and get to your area
6:10- 6:15 review tips, rules,
6:15 -6:20 walk/ jog EASY for 2 minute to warm kids up and do jumping jacks, hopping,
karaoke
6:20- 6:30 Stretches

6:30 -6:50 Running Games (see attached handout and pick from games to get kids active and stay interested)
6:50 - 6:52 cool down run
6:52 - 7:00 stretches/ go over running tips with kids

Wednesday

6:00 -6:10 check in/meet coach and get to your area
6:10- 6:15 review tips, rules,
6:15 -6:20 walk/ jog EASY for 2 minute to warm kids up and do jumping jacks, hopping, karaoke
6:20-6:30 Stretches
6:30-6:50 run 3 minutes walk 3 minutes
run 3 minutes walk 3 minutes
run 4 minutes walk 4 minutes
INCORPORATE WATER BREAKS. BUT DO NOT STOP RUNNING
6:50 - 6:52 cool down run/walk
6:52- 7:00 stretches/ go over running tips with kids

Week 10

Monday

6:00 -6:10 check in/meet coach and get to your area
6:10- 6:15 review tips, rules,
6:15 -6:20 walk/ jog EASY for 2 minute to warm kids up and do jumping jacks, hopping, karaoke
6:20- 6:30 Stretches
6:30 -6:50 Running Games (see attached handout and pick from games to get kids active and stay interested)
6:50 - 6:52 cool down run
6:52 - 7:00 stretches/ go over running tips with kids

Wednesday

6:00 -6:10 check in/meet coach and get to your area
6:10- 6:15 review tips, rules,
6:15 -6:20 walk/ jog EASY for 2 minute to warm kids up and do jumping jacks, hopping, karaoke
6:20-6:30 Stretches
6:30-6:50 Run 10 minutes walk 2 minutes
Run 4 minutes walk 2 minutes
INCORPORATE WATER BREAKS. BUT DO NOT STOP RUNNING
6:50 - 6:52 cool down run/walk
6:52- 7:00 stretches/ go over running tips with kids