

3rd and 4th 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 50 and 100m sprints with walk breaks. (Time them in the events so we have a goal for them to work at. If you don't have the distance. Use a consistent marker so that when we do them the following weeks to come, we stay consistent with timing.)

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.

Use your judgment on time. There are games listed. Try some of the games if you need more activities.

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 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

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 2 minutes

run 6 minutes walk 2 minutes

run 4 minutes

Continue this for the entire 20 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 50 and 100m sprints with walk breaks. (Time them in the events so we have a goal for them to work at. If you don't have the distance. Use a consistent marker so that when we do them the following weeks to come, we stay consistent with timing.)

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.

Use your judgment on time. There are games listed. Try some of the games if you need more activities.

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

Continue this for the entire 20 minutes.

6:50 - 6:52 cool down run

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

Week 4

Monday

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 8 minutes

Continue this for the entire 20 minutes.

6:50 - 6:52 cool down run

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

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 12 minutes walk 2 minutes
run 6 minutes
Continue this for the entire 20 minutes.
6:50 - 6:52 cool down run
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
6:50 - 6:52 cool down run
6:52 - 7:00 stretches/ go over running tips with kids

Wednesday

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

Wednesday

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

6:50 - 6:52 cool down run

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

Wednesday

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

6:50 - 6:52 cool down run

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

Wednesday

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

6:50 - 6:52 cool down run

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

Wednesday

