

5th and 6th 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
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 400 m walk 400m
Run 400 m walk 400m
Run 400 m walk 400m
perform until 20 minutes is finished. gauge who can run and how far/long etc to base next week's long day on.
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 Run 800 m walk 400

Run 800m walk 400m
Continue for the rest of 20 minutes period.

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 800 m walk 400m

Run 800 m walk 400m

Run 400 m walk 400m

perform until 20 minutes is finished. gauge who can run and how far/long etc to base next week's long day on.

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 Run 1200 mm walk 400

Run 1200 mm walk 400

conintue for 20 minute period

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

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 Run 1 mile. (time the individuals and record to have an idea on their mile time)

walk a 400 then run a 400. This should bring you close to end. If not, have them continue with 400 run/walk

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 1 mile, walk 400 m

Run 1 mile, walk 400 m

repeat until done

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 Run 1.25 miles then walk a 400. then run a 400 if time permits. (we are building up to get them runningg for 20-30 minutes)

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 15 minutes then walk 2 minutes then finish running. Time is not important
here. Just trying to get to a continuous for about 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 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

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
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

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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

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karaoke
6:20-6:30 Stretches
6:30-6:50
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
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
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

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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
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

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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

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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

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