

# 6 Week Kids Running Program

## Week 1

**Introductions / expectations.** Check shoes are tied safely. Each session begins with a 2-lap easy jog warm-up . Then 10 minutes of Bonus Drills and 5 minutes of Stretches. After explaining Drills and Stretches, organize kids into rows, use whistle to start.

**Warm-up - 5 minutes-** 2 laps, easy jog.

**Bonus Drills - 10 minutes** – bootie kicks, high knees, high skips, galloping, karaoke, walking lunges, crab walks, tipsy-toes

**Stretches -5 minutes-** arm circles (forward and reverse), side stretch (feet apart, one arm up, lean over), toe touches (hold 20 seconds 4 times), runners stretch (lunge forward stretching hamstrings), quad stretch (bend leg backwards, hold 20 seconds then switch); calf stretch (extend and straighten one leg, bend back leg and hold toe of front leg); ankle rotations and then shake it all out.

**Main set workout – first 10 minutes:** Teams of 2 get a total of 10 minutes. First person runs 1 lap, while the partner does 10 jumping jacks-10 frog jumps (forward/backward)-10 skater jumps side to side, then hold plank until runner returns to tag partner who then goes and runs 1 lap while the other does the exercises. Alternate this until time is up.

**For next 10 minutes** a Run/Walk exercise will be done around the track. Run 1 minute –Walk 1 minute  
Blow whistle to start and stop Run/Walk segments

**Game/cool-down - Last 10 minutes:** Freeze tag (everyone gets a turn)

## Week 2

**Warm-up laps – 5 min**

**Bonus Drills – 10 min**

**Stretches – 5 min**

**Main set workout- first 10 minutes** “Train Run” in 3 groups/lines. Each group runs with a Coach around the track and each time the whistle is blown the last runner or “caboose” in the line sprints to the front. This continues for 10 minutes.

**For next 10 minutes** Run 1 min. /Walk 1 min. exercise

**Game/cool-down – last 10 minutes:** Red light/green light

## Week 3

**Warm-up laps – 5 min**

**Bonus Drills – 10 min**

**Stretches – 5 min**

**Main set workout:** Ladder for all 20 minutes – 1 lap/rest – 2 laps/rest – 3 laps/rest – 2 laps/rest- 1 lap

**Game/cool-down – last 10 minutes:** Sharks and Minnows or Fox and Hounds

## Week 4

**Warm-up laps – 5 min**

**Bonus Drills – 10 min**

**Stretches – 5 min**

**Main set workout:** Timed Mile – 5 laps consistent running (10-15 minutes)

**Game /cool-down :** Frisbee football or Hand Soccer

## Week 5

**Warm-up laps – 5 min**

**Bonus Drills -10 min**

**Stretches – 5 min**

**Main set workout:** Run/Walk exercise for entire 20 minutes - Run 3 min / Walk 1 min

**Game/cool-down – last 10 minutes:** Silly relays (set out cones) – Teams of 4 –  
Wheel-barrow – Backwards running - All 4 hook arms and run to cone and back

## Week 6

**Warm-up laps -5 min**

**Bonus Drills – 10 min**

**Stretches – 5 min**

**Main set workout:** Run/Walk exercise for 15 minutes – Run 4 min / Walk 1 min

**Game/cool-down: Medley Relays** - Teams of 4 – w/ batons - 100/200/300 coned markers around track