ACTIVE SOUTHERN WEST VIRGINIA Kids Run Clubs

Running at Home

Run Club is only ____ days a week, so if you want to feel great on race day you should try some running at home!

Remember to warm up and cool down for five minutes before and after you run - it's good for your muscles!

There are two types of runs you can do: SPEED RUNS and ENDURANCE RUNS

SPEED RUNS → **Shorter and Faster**

ENDURANCE RUNS → **Longer and Slower**

You can pick which type of running you want to do, but it's best to try some of both so you can run FASTER and LONGER

Here are some examples of speed runs and endurance runs you can try:

SPEED RUNS (running fast and taking breaks)

Run fast for 20 seconds, then walk for one minute, Do that three times in a row and then take a break. After a 5-minute break, do it three more times

- when you run fast, you should feel out of breath
- make sure you are always walking between your fast runs

ENDURANCE RUNS (running slow and steady)

Run slow for 10-15 minutes

- your running pace should feel nice and comfortable
- you should be able to talk to your running buddy the whole time

Whether you do a SPEED RUN or an ENDURANCE RUN, try to spend 10-15 minutes with your running buddy on days when you don't have Run Club

It's important to take a break from running on some days too! You can cross train and still get stronger by going on a hike in the woods, riding a bike, kicking around a ball, or swimming. Remember to bring your running buddy along for whatever fun activity you decide on!

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Training Log

A training log can be helpful to track your progress! use the 'MINUTES' column, the 'DISTANCE' column, or both to track your running or walking. Keep track of and cross training or additional exercises in the 'OTHER EXERCISES' column.

DATE	MINUTES	DISTANCE	OTHER EXERCISES	RUNNING BUDDY
4/1/19	20	2 miles	10 pushups, 10 jumping jacks, 1 min plank	Mom
4/2/19	0	0 miles	1 hour swimming	Aunt Sally
4/3/19	30	1 mile	none	Dad
4/4/19	10	.5 miles	30 mins of soccer	Mom
4/5/19	0	0 miles		
4/6/19	25	2.5 miles	20 sit ups	Dad
4/7/19	15	1 mile	45 mins of basketball	Uncle Jim
week 1 totals	**100 mins**	**7 miles**		

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