

## STRIDE Distance Learning Weekly Running Guide

The goal is movement...If you can't run, it is ok to slow down to walk. Do your best to complete the workout at the pace that fits you.

Just keep STRIDEing!

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
<p><b>DAY 1 - Fartlek Running</b></p> <p>Warm up with 3-5 minutes of easy jogging.</p> <p>Then do 3 sets of...</p> <p>30 sec. fast pace 1 minute jog</p>	<p><b>DAY 1 - Fartlek Running</b></p> <p>Warm up 3-5 minutes of easy jogging.</p> <p>Then do 4 sets of...</p> <p>30 sec. fast pace 1 minute jog</p>	<p><b>DAY 1 - Fartlek Running</b></p> <p>Warm up 3-5 minutes of easy jogging.</p> <p>Then do 2 sets of...</p> <p>30 sec. fast pace 1 minute jog 1 minute fast 1 minute jog</p>	<p><b>DAY 1 - Fartlek Running</b></p> <p>Warm up 3-5 minutes of easy jogging.</p> <p>Then do 2 sets of...</p> <p>30 sec. fast pace 1 minute jog 1 minute fast 1 minute jog</p>	<p><b>DAY 1 - Fartlek Running</b></p> <p>Warm up 3-5 minutes of easy jogging.</p> <p>Then do 4 sets of...</p> <p>1 minute fast pace 1 minute jog</p>
<p><b>DAY 2 - Choose 3 x 3</b></p> <p>See the STRIDE activities chart for your 3 exercises x 3 sets workout.</p>	<p><b>DAY 2 - Choose 3 x 3</b></p> <p>See the STRIDE activities chart for your 3 exercises x 3 sets workout.</p>	<p><b>DAY 2 - Choose 3 x 3</b></p> <p>See the STRIDE activities chart for your 3 exercises x 3 sets workout.</p>	<p><b>DAY 2 - Choose 3 x 3</b></p> <p>See the STRIDE activities chart for your 3 exercises x 3 sets workout.</p>	<p><b>DAY 2 - Choose 3 x 3</b></p> <p>See the STRIDE activities chart for your 3 exercises x 3 sets workout.</p>
<p><b>DAY 3 - Steady Running</b></p> <p>7-10 minutes of steady, continuous running at any pace.</p>	<p><b>DAY 3 - Steady Running</b></p> <p>7-10 minutes of steady, continuous running at any pace.</p>	<p><b>DAY 3 - Steady Running</b></p> <p>8-12 minutes of steady, continuous running at any pace.</p>	<p><b>DAY 3 - Steady Running</b></p> <p>8-12 minutes of steady, continuous running at any pace.</p>	<p><b>DAY 3 - Steady Running</b></p> <p>10-14 minutes of steady, continuous running at any pace.</p>
<p><b>DAY 4 - Choose 3 x 3</b></p> <p>See the STRIDE activities chart for your 3 exercises x 3 sets workout.</p>	<p><b>DAY 4 - Choose 3 x 3</b></p> <p>See the STRIDE activities chart for your 3 exercises x 3 sets workout.</p>	<p><b>DAY 4 - Choose 3 x 3</b></p> <p>See the STRIDE activities chart for your 3 exercises x 3 sets workout.</p>	<p><b>DAY 4 - Choose 3 x 3</b></p> <p>See the STRIDE activities chart for your 3 exercises x 3 sets workout.</p>	<p><b>DAY 4 - Choose 3 x 3</b></p> <p>See the STRIDE activities chart for your 3 exercises x 3 sets workout.</p>
<p><b>DAY 5 - Interval Running</b> <i>Double Up</i></p> <p>Warm up with 3-5 minutes of easy jogging.</p> <p>Sprint 5 seconds, walk back to start. Sprint 5 seconds, walk back to start. Sprint 10 seconds, walk back to start. Sprint 10 seconds, walk back to start. Sprint 15 seconds, walk back to start. Sprint 15 seconds, walk back to the start.</p> <p>Cool down with 3-5 minutes of easy running.</p>	<p><b>DAY 5 - Interval Running</b> <i>Double Up</i></p> <p>Warm up with 3-5 minutes of easy jogging.</p> <p>Sprint 5 seconds, walk back to start. Sprint 5 seconds, walk back to start. Sprint 10 seconds, walk back to start. Sprint 10 seconds, walk back to start. Sprint 15 seconds, walk back to start. Sprint 15 seconds, walk back to the start.</p> <p>Cool down with 3-5 minutes of easy running.</p>	<p><b>DAY 5 - Interval Running</b> <i>Ladder</i></p> <p>Warm up with 3-5 minutes of easy jogging.</p> <p>Sprint 10 seconds, walk back to start. Sprint 15 seconds, walk back to start. Sprint 20 seconds walk back to start. Sprint 15 seconds, walk back to start. Sprint 10 seconds, walk back to start.</p> <p>Cool down with 3-5 minutes of easy running.</p>	<p><b>DAY 5 - Interval Running</b> <i>Ladder</i></p> <p>Warm up with 3-5 minutes of easy jogging.</p> <p>Sprint 10 seconds, walk back to start. Sprint 15 seconds, walk back to start. Sprint 20 seconds, walk back to start. Sprint 15 seconds, walk back to start. Sprint 10 seconds, walk back to start.</p> <p>Cool down with 3-5 minutes of easy running.</p>	<p><b>DAY 5 - Interval Running</b> <i>Double Doubles</i></p> <p>Warm up with 3-5 minutes of easy jogging.</p> <p>Sprint 20 seconds, rest for 10 seconds. Sprint back to the start.</p> <p>Rest for 3 minutes.</p> <p>Sprint 20 seconds, rest for 10 seconds. Sprint back to the start.</p> <p>Cool down with 3-5 minutes of easy jogging.</p>

# STRIDE Distance Learning + Summer Extension Weekly Running Guide

The goal is movement...If you can't run, it is ok to slow down to walk. Do your best to complete the workout at the pace that fits you.

Just keep STRIDEing!

WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10
<p><b>DAY 1 - Fartlek Running</b></p> <p>Warm up with 3-5 minutes of easy jogging.</p> <p>Then do 4 sets of...</p> <p>1 minute fast pace 1 minute jog</p>	<p><b>DAY 1 - Fartlek Running</b></p> <p>Warm up 3-5 minutes of easy jogging.</p> <p>Then do 4 sets of...</p> <p>30 sec. fast pace 1 minute jog</p>	<p><b>DAY 1 - Fartlek Running</b></p> <p>Warm up 3-5 minutes of easy jogging.</p> <p>Then do 5 sets of...</p> <p>1 minute fast pace 1 minute jog</p>	<p><b>DAY 1 - Fartlek Running</b></p> <p>Warm up 3-5 minutes of easy jogging.</p> <p>Then do 5 sets of...</p> <p>1 minute fast pace 1 minute jog</p>	<p><b>DAY 1 - Fartlek Running</b></p> <p>Warm up 3-5 minutes of easy jogging.</p> <p>Then do 2 sets of... 30 seconds fast pace 1 minute jog</p> <p>Then do 3 sets of... 1 minute fast pace 1 minute jog</p> <p>Then do 2 sets of... 30 seconds fast pace 1 minute jog</p>
<p><b>DAY 2 - Choose 3 x 3</b></p> <p>See the STRIDE activities chart for your 3 exercises x 3 sets workout.</p>	<p><b>DAY 2 - Choose 3 x 3</b></p> <p>See the STRIDE activities chart for your 3 exercises x 3 sets workout.</p>	<p><b>DAY 2 - Choose 3 x 3</b></p> <p>See the STRIDE activities chart for your 3 exercises x 3 sets workout.</p>	<p><b>DAY 2 - Choose 3 x 3</b></p> <p>See the STRIDE activities chart for your 3 exercises x 3 sets workout.</p>	<p><b>DAY 2 - Choose 3 x 3</b></p> <p>See the STRIDE activities chart for your 3 exercises x 3 sets workout.</p>
<p><b>DAY 3 - Steady Running</b></p> <p>10-14 minutes of steady, continuous running at any pace.</p>	<p><b>DAY 3 - Steady Running</b></p> <p>7-10 minutes of steady, continuous running at any pace.</p>	<p><b>DAY 3 - Steady Running</b></p> <p>12-15 minutes of steady, continuous running at any pace.</p>	<p><b>DAY 3 - Steady Running</b></p> <p>12-15 minutes of steady, continuous running at any pace.</p>	<p><b>DAY 3 - Steady Running</b></p> <p>Do your longest run! Add 2-5 minutes to the longest run you have done</p>
<p><b>DAY 4 - Choose 3 x 3</b></p> <p>See the STRIDE activities chart for your 3 exercises x 3 sets workout.</p>	<p><b>DAY 4 - Choose 3 x 3</b></p> <p>See the STRIDE activities chart for your 3 exercises x 3 sets workout.</p>	<p><b>DAY 4 - Choose 3 x 3</b></p> <p>See the STRIDE activities chart for your 3 exercises x 3 sets workout.</p>	<p><b>DAY 4 - Choose 3 x 3</b></p> <p>See the STRIDE activities chart for your 3 exercises x 3 sets workout.</p>	<p><b>DAY 4 - Choose 3 x 3</b></p> <p>See the STRIDE activities chart for your 3 exercises x 3 sets workout.</p>
<p><b>DAY 5 - Interval Running</b> <i>Double Doubles</i></p> <p>Warm up with 3-5 minutes of easy jogging.</p> <p>Sprint 20 seconds, rest for 10 seconds. Sprint back to the start.</p> <p>Rest for 3 minutes.</p> <p>Sprint 20 seconds, rest for 10 seconds. Sprint back to the start.</p> <p>Cool down with 3-5 minutes of easy jogging.</p>	<p><b>DAY 5 - Interval Running</b> <i>Double Up</i></p> <p>Warm up with 3-5 minutes of easy jogging.</p> <p>Sprint 5 seconds, walk back to start. Sprint 5 seconds, walk back to start. Sprint 10 seconds, walk back to start.</p> <p>Sprint 10 seconds, walk back to start. Sprint 15 seconds, walk back to start. Sprint 15 seconds, walk back to the start.</p> <p>Cool down with 3-5 minutes of easy running.</p>	<p><b>DAY 5 - Interval Running</b> <i>Triple Double</i></p> <p>Warm up with 3-5 minutes of easy jogging.</p> <p>Sprint 20 seconds, rest for 10 seconds. Sprint back to the start.</p> <p>Rest for 3 minutes.</p> <p>Sprint 20 seconds, rest for 10 seconds. Sprint back to the start.</p> <p>Rest for 3 minutes.</p> <p>Sprint 20 seconds, rest for 10 seconds. Sprint back to the start.</p> <p>Cool down with 3-5 minutes of easy running.</p>	<p><b>DAY 5 - Interval Running</b> <i>Triple Double</i></p> <p>Warm up with 3-5 minutes of easy jogging.</p> <p>Sprint 20 seconds, rest for 10 seconds. Sprint back to the start.</p> <p>Rest for 3 minutes.</p> <p>Sprint 20 seconds, rest for 10 seconds. Sprint back to the start.</p> <p>Rest for 3 minutes.</p> <p>Sprint 20 seconds, rest for 10 seconds. Sprint back to the start.</p> <p>Cool down with 3-5 minutes of easy running.</p>	<p><b>DAY 5 - Interval Running</b> <i>Twin Peaks</i></p> <p>Warm up with 3-5 minutes of easy jogging.</p> <p>Sprint 10 seconds, walk back to start. Sprint 15 seconds, walk back to start. Sprint 20 seconds, walk back to start.</p> <p>Sprint 15 seconds, walk back to start. Sprint 10 seconds, walk back to start. Sprint 15 seconds, walk back to the start. Sprint 20 seconds, walk back to start.</p> <p>Sprint 15 seconds, walk back to the start. Sprint 10 seconds, walk back to start.</p> <p>Cool down with 3-5 minutes of easy running.</p>

## STRIDE Distance Learning 3 x 3 Activities Chart

Select 3 different exercises below. Once you have completed all 3, repeat the set 2 more times for a total of 3 rounds.

<p><b>VERTICAL JUMP</b> Jump as high as you can for 30 seconds. Repeat 1 more time.</p>	<p><b>FITNESS INTERVALS</b> 10 squats 10 broad jumps - jump out, feet together 10 push-ups 10 sit-ups</p>	<p><b>CARDIO DAY</b> 10 mountain climbers 10 boxing punches R 10 boxing punches L 10 step-ups - use a chair or bench</p>	<p><b>BALANCE</b> Stand on your right leg and lift your left knee at a 90 degree angle. Touch your toe without falling. Repeat 10 times and then switch sides.</p>	<p><b>CORE CHALLENGE</b> Plank hold 10 seconds 10 crunches 10 sit-ups</p>
<p><b>FROG SIT-UPS</b> Sit down with your knees bent and soles of your feet touching with knees spread. Do a sit-up touching your heels and lower back down. Do 10 total.</p>	<p><b>RAGDOLL POSE</b> Bend at the waist and try to touch your toes with straight legs. Let your neck relax. Grab your ankles if you can't reach your toes. Hold for 30 seconds. Repeat 1 more time.</p>	<p><b>REVERSE LUNGES TO FRONT KICKS</b> Do a reverse lunge and transition into a front kick with the same leg. Do 10 and then switch legs.</p>	<p><b>CHAIR SQUATS</b> Stand about six inches in front of a chair. Squat until your bottom barely touches the chair and stand back up. Do 10 squats.</p>	<p><b>ABS!</b> 10 knee to elbow planks 10 crunches 10 superman poses</p>
<p><b>WILD ARMS</b> As fast as you can complete: 10 arm circles front 10 arm circles back 10 forward punches 10 raise the roofs</p>	<p><b>KICK CITY</b> 10 side kicks 10 front kicks 10 back kicks Repeat with the other leg</p>	<p><b>HIGH KNEE TWISTS</b> Bring your knee to your opposite elbow and switch. For a challenge, add a hop when switching sides. Do 10 per leg.</p>	<p><b>SQUAT KICKS</b> Complete a normal squat, as you are standing back up, kick your right leg forward. Repeat on the left leg. Do 10 per leg.</p>	<p><b>STAR JUMPS</b> Jump up with your arms and legs spread out like a star. Do 10 total jumps.</p>
<p><b>SHUFFLE, CROSS</b> Shuffle 3 times to your right, then punch across your body with your left hand. Repeat in the opposite direction. Do 10 each way.</p>	<p><b>FLUTTER KICKS</b> Lie on your back. Keeping your legs straight, kick them up and down while holding your glutes and abs tight. Hold for 30 seconds.</p>	<p><b>SHUFFLE SQUAT</b> Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat. Do 10 per leg.</p>	<p><b>LUNGES W/ A HOOK</b> Complete a side lunge with a cross-hook punch. Do 10 on each side.</p>	<p><b>POWER KNEES</b> Bring hands over your head and have your hands and left knee meet in the middle as fast as you can. Repeat 10 times on each leg.</p>
<p><b>PLANK JACKS</b> In plank position, move your feet in and out like when performing a jumping jack for 30 seconds. Repeat 4 more times for 5 total.</p>	<p><b>HALF BURPEES</b> Start in a push-up position; jump both feet forward into a squatting position and jump back out into the push-up position. Do 10 total.</p>	<p><b>WALK DOWN SUPERMAN</b> Walk your hands down to your feet and out until you're flat on your stomach, then complete a superman. Walk your hands back to your feet and repeat 10 times total.</p>	<p><b>TABATA</b> Work for 20 seconds Rest for 10 seconds Jump squats Do 8 times.</p>	<p><b>WALL SIT</b> Find an empty space on the wall and pretend to be sitting in a chair. Hold for 30 seconds. Repeat 2 more times for 3 total reps.</p>

## STRIDE Distance Learning Tips for Parents and Guardians

**Make Running Fun** - First and foremost, running should be fun. Encourage kids to participate and try their best. Never use running as a punishment.

**Focus on Participation and Self-Improvement** - With the elementary school STRIDE program, running is about participation and developing a healthy lifestyle, not about being the fastest kid in the school.

**Consider Individual Differences** - You may have multiple kids at home, avoid a one-size-fits-all activity. Accommodate differences in abilities. Children mature physically and emotionally at different rates, and this factors into their ability to participate in running.

**Increase the Running Workload Gradually** - The running workload includes volume (distance), intensity (speed or effort) and frequency (number of days per week). Start with a low-volume, low-intensity plan and limited frequency of a couple of days per week. Workload should increase over the duration of the distance learning, but should remain appropriate for the individual student-athlete.

**Different Types of Movement** - We use the term running to refer to the activity at any speed. Running can also be used to describe forward movement by other means, such as in a wheelchair or with other assistive devices.

- Walking – Moving across a surface at a slow to moderate pace by taking steps so there is always one foot on the ground.
- Running – Moving swiftly so that both feet leave the ground during each stride.
- Jogging – Running at a leisurely, slow pace.
- Sprinting – Running at full speed.

**Pacing** - Pace is defined as running at the same speed over a period of time. Pacing allows participants to run farther or longer without getting out of breath or having their heart rate get too high.

- Conversation pace – An easy, gentle pace that allows you to carry on a conversation.
- Tempo pace – A swift, sustained pace that's faster than conversation pace; also referred to as threshold or steady-state pace.
- Race pace – A person's maximum pace for a given distance; it's faster than conversation pace and tempo pace.

**Nutrition** - Teach kids that not all foods are created equal. While two foods may have the same caloric content, they may differ significantly in nutritional value and be high in fat, sodium, or added sugars compared to other, healthier foods. Stress how important it is to eat healthy foods and be physically active for 60 minutes or more every day.

Here are some tips for healthy eating:

- Fill half of your plate with a variety of fruits and vegetables.
- Eat lean protein like white meat chicken, beans, eggs, or nuts.
- Eat whole grains like brown rice and oatmeal.
- Incorporate low-fat or fat-free dairy such as milk, yogurt, and cheese.
- Quality does not equal quantity. Be mindful of recommended portion sizes.

**Hydration** - The body is made up primarily of water (about 60%), and water consumption is key to maintaining a healthy body. Discuss the importance of drinking water throughout the day and especially before, during, and after exercise. The body loses water when we sweat and when we exhale. Dehydration occurs when the body doesn't get enough water, which negatively affects the body's performance. Encourage your kids to drink several glasses of water each day.

**Runner Safety** - Discuss the basic concepts of pedestrian safety. Review common road signs such as stop signs, yield signs, and crosswalks. Talk about how cars and people should react to these signs. Emphasize the importance of stopping, looking both ways, and listening when crossing roads. This is also a good opportunity to review stranger danger when running outdoors, especially with participants in older grades who may be allowed to run on their own.

- Don't wear headphones when running. You need to be able to hear cars, pedestrians, animals, and other potential dangers.
- Run with a group, friend, or family member when possible.
- Always notify a parent, sibling, or friend of your running route.
- Run in familiar areas.
- Run on sidewalks as much as possible.
- Run facing traffic if you have to run on the road.
- Cross the street at designated crosswalks.
- Wear bright clothing and dress appropriately for the weather.