

Makos Youth Run Club

!Home Curriculum: Git Your Run On

:Keys to stay in running shape and be safe

- Stay positive, have fun, and try your best.
- Try to not compete against family members or friends.
- Always remind yourself that it is all about bettering yourself, not winning the race.
- Always give 100% effort...whatever that is for you. It's better to give some effort than none at all.
- Always start with a good stretching/warmup session. Find a cool spot to have a good 10-minute stretching session prior to your workout.
- 35 minutes of running 3-4 times a week will result in improved physical fitness.
- **Walking:** moving feet at a slower pace than a run
- **Jogging:** running for sport/exercise at a steady slow trot
- **Running:** moving swiftly on foot so that both feet leave the ground during each stride
- **Sprint:** moving rapidly or at top speed for a brief period of time as in running
- Hydration- try to drink 2-3 cups of water before exercise and after.
- Nutrition/Healthy Eating
 - Healthy diet is very important to runners
 - Your organs and blood work together to distribute oxygen and nutrients to your body.
 - What nutrients?
 - Vitamins/minerals
 - Carbohydrates-molecules of sugar that provide energy (breads, rice, milk, potatoes, etc.)
 - Proteins-fundamental building blocks for the body; provides energy and aid the development and repair of muscles (meat, eggs, beans, milk, etc.)
 - Fats-helps protect your organs and keeps body warm, also provides energy (small amounts of fat is part of healthy diet)
 - Water
 - Limit junk food
 - ENERGY BALANCE=Energy in – Energy out
 - Energy out=basal metabolic rate (BMR)-amount of energy used to live (breathing, heartbeat, sitting, etc.). Also includes energy to walk, clean your room and run in this class.
 - Energy in-comes from food consumed on daily basis
 - If you consume too much food or too much “energy in” and have too little “energy out”, your energy equation will be out of balance.
 - Extra “energy in” turns to fat in the body
 - Healthy living= eating correctly + exercising

Proper Running Form

- Head
 - Look straight ahead
 - Run with good posture (ears over shoulders, over hips)
 - Breathe in and out of mouth with controlled breathing (nice and easy while being in cadence with your stride)

Upper body •

- Swing arms front to back
- Don't allow arm swing to allow hands to cross your belly button
- Do not clench shoulder or fists
- Lower body
 - Don't bend at the hip leaning forward
 - Run with quick quiet steps
 - Cadence-aim for 3 steps per second
 - Change your stride to increase speed (longer steps/strides)
 - Foot should land below your body, not in front
- Try to go through your head to toe running checklist several times during run
- Pacing-what is it?
 - Continuous flow of movement/same speed over a period of time
 - Pacing allows you to run farther for longer without running out of breath or having their heart rate get too high
 - Finding a jogging/running pace that fits you
- Running is good for all parts of your body.
 - Anatomy: what parts?
 - Organs: Heart-pumps blood
 - Lungs: breathe in air to oxygenate the body
 - Skin: keeps body cool by sweating
 - Blood: carries important nutrients through the veins and arteries to all parts of the body (organs, bones, muscles, etc.) and removes waste from the body.
 - Muscles, Bones, Joints, Tendons

Warm-Up and Stretches

TOUCH YOUR TOES

While standing, spread legs shoulder's width apart and touch your toes, keeping legs straight. Hold stretch for twenty seconds. Repeat

ANKLE STRETCH

Place one foot forward, slightly off of the ground, and roll the ankle in a circular motion. Switch direction. Repeat with the other foot

BUTTERFLY STRETCH

Sit on the ground and make a diamond shape by putting both soles together. Press feet together with hands. Try to make knees touch the ground. Hold for thirty seconds. Supplement by leaning forward and trying to touch nose to feet

QUADRICEPS STRETCH

Stand on one leg and firmly grab the foot on the other leg behind you, pull towards the body. Hold the stretch for twenty seconds. Switch and stretch the other quad

CALF STRETCH

Put hands and feet on the ground in a pushup position. Align body in a V position. Legs are straight, weight on toes. Alternate lowering heels to the ground. Hold for five seconds

SIDE TWISTS

.With your feet at shoulder width, arms to the side and parallel with the ground, stretch as you rotate from left to right

SIDE STRETCH

Stand with feet spread apart and reach with one arm up and over. Hold stretch for 30 seconds. Switch and stretch the other side too

WARM UP LUNGES

.Place one foot in front (approximately 2 to 3 feet) and lunge forward, straightening back leg. Switch legs and repeat

ARM CIRCLES

Swing both arms backwards in a circular motion. Switch and swing arms forward in a circular motion. For a tricky stretch, .swing one arm forward and one arm backwards at the same time, then reverse direction

PIKE STRETCH

Sit on the ground with both legs together, straight n front. Grab toes and try to touch chest to legs. Hold stretch for thirty .seconds

MARCHING/RUNNING IN PLACE

.Stand in place, raising your knees in a marching motion, 10 - 20 times. Start slowly and then increase to a running pace

JUMPING JACKS

!Approximately 20 times to get the heart rate up

Workout 1

- Hydrate, stretch and warm up
- Run one mile
 - Map out one-mile course
 - Record 1-mile time as benchmark
- After one mile
 - Hydrate-remember to drink slowly and little sips
 - Do a cool down by walking and stretching
- Agility/conditioning Drills
 - Map out designated distance (100 feet what be sufficient) with cones or make shift items (sticks, balls, etc.)
 - Line up at marker and designate what motion will be performed down followed by small break and then same motion back to beginning
 - Karaoke How to Karaoke Link for Youtube
 - Skip high knees
 - Sprint
 - Speed walk
 - Bunny Hop
 - Flamingo hop
 - Bear Crawl
 - Crab Walk
 - Army crawl
 - Side Shuffle
 - Always make sure you work both sides of your body when doing lateral drills

Workout 2

- Hydrate, stretch and warmup
- Timed Sprint
 - Map out designated distance (100 feet what be sufficient) with cones or make shift items (sticks, balls, etc.)
 - Line up at marker sprint from start to finish
 - Record time and then try to remphaszie proper technique to see if you can beat your first time.
- Interval Training

- Map out 1/16th mile course
- Walk 1-lap
- Run 1-lap
- Sprint 1-lap
- Walk 1-lap
- Repeat 4 intervals
- Water break
- Ship-to-Shore
 - How to play Ship to Shore aka Man Over Board
- Hydrate-remember to drink slowly and little sips
- Do a cool down by walking and stretching

Workout 3

- Hydrate, stretch and warm up
- Run one mile
 - Map out one-mile course
 - Record 1-mile time and see if you beat your first recorded time.
- After one mile
 - Hydrate-remember to drink slowly and little sips
 - Do a cool down by walking and stretching
- Agility/conditioning Drills
 - Map out designated distance (100 feet what be sufficient) with cones or make shift items (sticks, balls, etc.)
- Interval Training
 - Map out 1/16th mile course
 - Sprint 1-lap in under 25 seconds
 - Walk 1-lap
 - Sprint 1-lap in under 25 seconds
 - Walk 1-lap
 - Sprint 1-lap in under 30 seconds
 - Walk 1-lap
 - Sprint 1-lap in under 30 seconds
- .Repeat this 4-lap Interval above one more time
- Hydrate-remember to drink slowly and little sips
- Do a cool down by walking and stretching

Makos Training Schedule for 5K

- Running a 5K is an excellent goal for new runners.
- You'll get lots of motivation, as well as enjoyment, from participating in a race, and 5K (3.1 miles) is the perfect distance for first-timers.
- Tuesdays and Saturdays: Tuesdays and Saturdays are rest days. Rest is critical to your recovery and injury prevention efforts so don't ignore rest days. Your muscles actually build and repair themselves during your rest days. So if you run every day without taking days off, you won't see much improvement.
- Wednesdays, Fridays, and Sundays: After you warm up, run/walk at a comfortable pace for the designated mileage. Make sure you cool down and stretch after your run.
- Thursdays: Do a cross-training (CT) activity (biking, swimming, elliptical trainer) at easy to moderate effort for 30 to 40 minutes. If you're feeling very sluggish or sore, take a rest day.
- Mondays: This is an active recovery day. Your run should be at an easy (EZ), comfortable pace, which helps loosen up your muscles. Or, you can do a run/walk combination.
- Note: You can switch days to accommodate your schedule. So if you're busy on another day and prefer to workout on a Monday or Friday, it's fine to swap a rest day for a run day.

Training Schedule for Beginners

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	20-30 min EZ	Rest	1 mi run	CT or Rest	1 mi run	Rest	1 mi run
2	20-30 min EZ	Rest	1.5 mi run	CT or Rest	1.5 mi run	Rest	1.5 mi run
3	20-30 min EZ	Rest	1.75 mi run	CT or Rest	1.5 mi run	Rest	1.75 mi run
4	20-30 min EZ	Rest	2 mi run	CT or Rest	1.5 mi run	Rest	2 mi run
5	25-35 min EZ	Rest	2.25 mi run	CT or Rest	1.5 mi run	Rest	2.25 mi run
6	25-35 min EZ	Rest	2.5 mi run	CT or Rest	2 mi run	Rest	2.5 mi run
7	35-40 min EZ	Rest	2.75 mi run	CT	2 mi run	Rest	2.75 mi run
8	40 min EZ	Rest	3 mi run	CT	2 mi run	Rest	3 mi run
9	5K Race!	Rest	3 mi run	CT or Rest	2 mi run	Rest	Rest