



### **How to start KRC at Home:**

There are three training programs to choose from based on final run distances of 2, 4 and 5 kilometers. Choose the colour-coded level right for you and your family. Next, have a parent map out and measure a safe 250-500m loop in your neighbourhood that you will use as your training grounds.

Aim to run three times per week for eight weeks for a total of 24 runs. To add some variety & extra challenge, you can do a Fartlek workout one day per week (see **Run Details** below).

We encourage families to do the #LetsKeepMoving #AlphabetActivityChallenge as a warm-up before each run. You can pick your own challenge or do one of the videos which are on the Kids Run Club FaceBook page.

Check out the running and healthy living tips we've provided to help you improve your running and build a stronger, healthier you!

### **Safety on the Streets:**

- Limit the number of street crossings and wear bright clothing
- Respect 'social distancing' by keeping 6 feet between you and others
- Try to run during day light hours
- If running with music, wear only one ear bud
- Avoid lots of hills
- Tell a parent your route and run details before heading out on a solo run
- Hydrate before and after workout and wear sunscreen

### **Run details:**

To keep the runs more enjoyable, some of you may want to alternate between running and walking. Maybe you'll run for 3 minutes and walk for 2. As you practice, your run portions can get longer and your walk breaks will shorten, maybe disappearing entirely as the program progresses.

To spice things up a bit, include some short, speed bursts on every third run. We suggest 'Fartlek Fridays' (fartlek means speed play. After you've warmed up for 5 minutes, run a bit faster than your normal pace for 20 seconds or perhaps the distance between 3 lamp posts. Jog for about a minute and repeat 5-10 times during your run.

### **Three P's to Run By:**

1. Pace yourself – don't start too fast
2. Push yourself – don't give up too soon
3. Practice – follow the schedule & results will happen!



WEEK	RUN #1 (km)	RUN #2 (km)	RUN #3 (km)
1	0.5	0.5	0.5
	1	1	1
	1.5	1.5	1.5
2	0.75	0.75	0.75
	1	1	1
	2	2	2
3	1	1	1
	1.5	1.5	1.5
	2.5	2.5	2.5
4	1.25	1.25	1.25
	2	2	2
	3	3	3
5	1.5	1.5	1.5
	2.5	2.5	2.5
	3.5	3.5	3.5
6	1.5	1.5	1.5
	3	3	3
	4	4	4
7	1.75	1.75	1.75
	3.5	3.5	3.5
	4.5	4.5	4.5
8	1.75	1.5	2 - GOAL
	3.5	2.5	4 - GOAL
	4.5	3.5	5 - GOAL

Level 1	Level 2	Level 3
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RUNNING TIPS	HEALTHY LIVING TIPS
<p align="center"><b>BASIC TIPS: WARMING UP, PACING &amp; PUSHING YOURSELF</b></p> <p>Warm-up before running with brisk-walking, slow jogging, skipping, playing running games or doing running drills.</p> <p>Start off slower than you think to warm-up – think jog not run; keep walking breaks to max of 90 seconds; alternate between walking/jogging, gradually adding longer spurts of running; push yourself by running 20+ extra steps before walking.</p>	<p align="center"><b>SUGARY BEVERAGES – THINK YOUR DRINK!</b></p> <p>SO many drinks have lots of sugar, whether it's added or part of fruit concentrate used to make the drink. Drinks that are very sweet and you should limit include: chocolate milk, 100% fruit juice, vitamin &amp; flavoured water, sports drinks, pop, store-bought smoothies and iced teas. Avoid flavoured coffees &amp; energy drinks.</p> <p>Best drink to have when you are thirsty is <b>WATER!</b></p>
<p align="center"><b>RUNNING TECHNIQUE – HEAD-TO-TOE CHECKLIST</b></p> <p>Run tall, looking straight ahead; breathe deeply through mouth; swing relaxed arms front to back; don't bend at the hips; have quick, quiet feet; foot lands below body not in front; have a forward lean from the ankles.</p>	<p align="center"><b>HOW MUCH PHYSICAL ACTIVITY EACH DAY?</b></p> <p>At least 60 min/day of heart-pumping activity that gets you breathing hard. Things like running, playing active games, chasing your dog or little brother/sister or dancing to your favourite music!</p>
<p align="center"><b>RUNNING UPHILL/DOWNHILL</b></p> <p><b>Uphill:</b> Look partway up the hill, shorten your strides, land on balls of feet, keep back straight &amp; pump arms hard.</p> <p><b>Downhill:</b> Lengthen strides but don't bound, land on heels with bent knees, lower arms slightly. Quiet feet!</p>	<p align="center"><b>PROTECT YOUR SLEEP</b></p> <p>Your body &amp; brain need sleep to function well. Keep screens out of your bedroom and stop all screen time 1 hour before bedtime. Have a bedtime routine to help you get ready for sleep like having a bath or reading a book.</p>
<p align="center"><b>SIDE STITCHES</b></p> <p><b>PREVENT</b> stitches by starting off slowly, breathing deeply through mouth &amp; running tall. <b>GET RID</b> of stitches by slowing down, running tall, inhaling deeply through nose &amp; exhaling hard through mouth for 60 secs or more.</p>	<p align="center"><b>PORTION DISTORTION</b></p> <p>Larger portions can lead to over-eating. Take smaller portions of foods/drinks &amp; pause before having seconds. Try using smaller plates, bowls &amp; glasses.</p>
<p align="center"><b>WHAT TO WEAR</b></p> <p>Comfortable, bright clothing; layers for cold weather runs; sneakers that are tied &amp; fit properly (thumbnail of space between big toe and end of shoe).</p>	<p align="center"><b>SEDENTARY BEHAVIOR</b></p> <p>Kids have up to 9 hrs/day screen time. Track &amp; limit yours, trade an hour of screen time for an hour of activity, interrupt your sedentary time with a little activity at least once/hour.</p>
<p align="center"><b>STRETCHING</b></p> <p><b>Only dynamic stretching before running, no static stretches.</b> When stretching after running, hold for 15-30 seconds, don't bounce &amp; remember to breathe.</p>	<p align="center"><b>HEALTHY SMOOTHIES</b></p> <p>Use frozen fruit &amp; veggies (yes green smoothies taste good), yogurt, milk or water, avocado, peanut butter, nuts and seeds. Use water or milk as liquid, not juice.</p>

*High Energy!*

# ALPHABET ACTIVITY CHALLENGE

Pick a word or phrase - Do each movement for 30 secs - Rest 15 secs between

**A - Squats**

**B - Bicycle**

**C - Push-ups**

**D - Wall sit**

**E - Jumping Jacks**

**F - Hop in place**

**G - Plank**

**H - Superman holds**

**I - Run on the spot**

**J - Mountain Climbers**

**K - Lunges**

**L - V-ups**

**M - High knee jumps**

**N - Crunches**

**O - Crab walk**

**P - Wall handstand**

**Q - Dips on chair**

**R - Butt kicks**

**S - Squat jumps**

**T - Burpees**

**U - Side plank**

**V - Bear walk**

**W - 1-legged airplane**

**X - Arm circles**

**Y - Step-ups**

**Z - Lateral ski hops**

#let's keep  
***moving!***