



Hey Capital Kids coaches/parents! Here are some great ideas to get your athlete(s) ready for the Junior 3K.

The goal should be 3-4 workouts per week. A workout should consist of a quick warm-up plus 2 running and 1-2 fun games.

FITNESS GAMES

Continuous Relay

Split runners into at least two evenly matched teams. Give each team a baton and set up an exchange zone using cones around the running loop. Place one runner of each team at each exchange zone with two runners at the starting position.

Make sure to have at least one runner more on each team than you have exchange zones. As runners complete their legs of the loop, their teammates will be resting. The objective is to have all runners return to their starting position as quickly as possible without dropping the baton. The activity can be modified depending upon how many participants you have in attendance. This activity is ideally administered in a gymnasium or indoor/outdoor track.

Equipment Needed: Cones, batons, stopwatch

Potential Modifications: Utilize staggered starts, more exchange zones, or longer to accommodate larger numbers as well. Activity can also be completed by utilizing other locomotor functions such as skipping, power walking, walking, or shuffling.

Capture the Flag

This game is ideal for larger groups (10+) and can be played for at least 10 minutes. Ideally, this activity would be administered in a large, open space such as a sport field or indoor/outdoor gymnasium.

Split the group into two teams. On each side of the playing field, there will be a flag zone that is indicated by a designated circle where the flag will be placed. A designated holding zone for tagged players will also be identified for each side. The objective of the game is to take the opposing team's flag and return it across the center line without being tagged. If a player is tagged while on the opponent's side of the field, they must go to the holding zone on the opponent's side of the field. If a player is tagged when attempting to steal the flag, it must be returned to the flag zone and the player goes to the holding zone. A player can be freed from the holding zone if a teammate crosses the line and tags them. Both players are then granted a free walk back to their side. A teammate can only free one teammate at a time. When guarding the flag zone, players must remain 2 feet from the flag zone boundary. Players must tag one another safely. Unsafe tags include hard contact that could cause the person being tagged to fall.

Equipment Needed: Cones, floor tape (if available), flag

Potential Modifications: Modifications for this game can be made for a host of situations. The distance between flags and zones can be scaled along with the length of the game. The activity can also be completed by utilizing other locomotor movements such as skipping, power walking, or walking. For an additional challenge, instead of going to the holding zone when tagged, players can complete a calisthenics movement before re-entering the game (i.e. push up, sit up, body squat, plank, lunge, jump squat, wall sit, mountain climbers, etc.)

Head Shoulders Knees Cone

A coach leads the game by stating one of the following commands: heads, shoulders or knees. All participants outside of the leader will need to pair up or make a group of three. The pair or group will need one item (cone, ball, toy, etc.) that will be placed in the middle with each member of the group facing the item. The participants will follow the commands that the leader states but the moment that cone (or whatever the item is) is stated, it is a race to see who can get to the item first. Whoever is holding the item wins.

Those who are not holding the item will have to do a prescribed calisthenics movement.

Fitness Bingo

Try playing BINGO with a fitness twist to it! A minimum of 2 players are needed. Designate one player as the picker and the remaining players will be keeping track of their own BINGO Boards. The twist is that your BINGO Boards will be filled with different exercises (Example: B1 = 5 Push ups). If B1 is picked then you must perform that exercise. Continue playing until one player achieves BINGO!

Equipment Needed: Create your own BINGO board or use one of our premade boards [HERE](#).

Fitness Tag

This game is just like a typical game of tag. However, if you are tagged by whoever is "it", you must complete a fitness movement prior to returning to the game. Calisthenics options can include: push ups, sit ups, jumping jacks, squats, lunges or high knees.

Flip the Cones

Break the group into two teams, or challenge a partner, or challenge yourself by timing how fast you can flip the cones! Spread at least multiple cones or items (toys, books) around the playing space, some right-side up and some upside down. On "GO" both teams are trying to flip each item to their corresponding side. After two minutes, the team with the most items set to their corresponding side wins.

Running Component Emphasis. Quickness, agility

Equipment Needed: Cones

Potential Modifications: You can modify this game in various ways. First, you can make the time periods shorter or longer dependent upon the participants. You can also have the participants utilize a different locomotor movement such as power walking, walking, skipping, shuffling, etc.

Freeze Dance

Freeze dance can be played with any number of players. One player will be the DJ and the remaining players will be the dancers. The DJ plays a song and all of the other players must show off their best dance moves. The DJ has the power to pause the music at any time, when they pause the music each dancer must freeze! If they do not in time then the DJ can pick an exercise that they must perform before resuming the song.

Equipment Needed: Music Player

Hide Out

This activity is ideal for a large group in an enclosed area such as a large activity room or a gymnasium. To begin gameplay, start by creating a "throwing pit". This could easily be identified as the center court circle on a basketball court. If playing in an unmarked area, use cones to create a "throwing pit". This pit will be in the center, inside of the mats. Set up one mat along each side of the gym. This will be the hiding area for runners who will be running around the perimeter of the circle created. Pick one participant who will start the game as a thrower. Everyone else will be positioned throughout the perimeter of the court. The objective of the game is to run around the perimeter of the circle as the thrower attempts to throw foam balls at the runners. The runners can use the mats as cover by stopping behind them as they run around the perimeter of the circle but the runner can only hide behind the mat for 10 seconds, maximum. If the runner hides behind the mat for longer than 10 seconds, then they are out and must become a thrower. If a runner is hit by a ball thrown by the thrower, they are also out and must become a thrower. Only balls that hit the runners from the shoulders down count. Gameplay can continue for a time limit or until all players have been hit.

Equipment Needed: Cones, 4 mats, foam balls

Potential Modifications: This activity can be modified in a number of ways. If the objective is to have the participants continually run for a set amount of time, there can be an all-time thrower. In this scenario, once a participant is hit a calisthenics movement can be applied and the runner can return to the game as opposed to joining the thrower. Secondly, less mats can be utilized. Three can be used in the form of a triangle. This lengthens the distance that participants run from mat to mat. For younger children with less developed biomechanics, the throwing distance from the throwing pit to the perimeter of the running area can be shortened.

Tunnel Tag

Tunnel tag is much like many other forms of tag- one person is designated as "it" and all other participants must avoid being tagged by the person who is "it". However for tunnel tag, if a participant is tagged, they are frozen and must stand with their legs spread a little wider than shoulder width apart and their hands directly above their head. Other players who are running freely can then crawl through the frozen player's legs which will allow them to rejoin the game.

Potential Modifications: You can modify this game by making your playing space bigger or smaller, adding calisthenics movement's requirements prior to rejoining the game if you get tagged or by adding more than one person who is "it".

Ultimate Freeze Tag

This activity is ideal for a large group (10+) and is best administered in a large space such as a gymnasium or sport field. Gameplay begins with someone being designated as "It". This person hides a small ball or object somewhere within the playing field. The objective is for all of the free runners to run around the playing space looking for the ball while trying to not be tagged. If a free runner is tagged, they are then frozen. This player cannot move until another player finds the ball or object, throws it to him/her and they catch it. If the ball is found before the person who is "it" tags everyone, then the free runners win. Otherwise, the person who is it would win by tagging everyone before the free runners find the ball. Prior to beginning gameplay, go over safe tagging which is a light tag as opposed to a hard contact that could cause someone to fall to the floor. This activity is flexible in that it could last 5-7 minutes or 10-12 minutes if played one game after the other with participants maintaining interest.

Equipment Needed: 1 ball or item that can be hidden

Potential Modifications: Modifications for this game can be made for a host of situations. The playing space can be scaled for level of challenge. The activity can also be completed by utilizing other locomotor functions such as skipping, power walking, or walking. The game can also be modified to keep participants moving throughout the duration of the game by applying calisthenics movements to the game in the event that players are tagged so that when tagged, they can continue to participate following the completion of their movement as opposed to being frozen.

RUN WORKOUTS

Walk/Run Complex

Keep moving with this walk/run complex to get ready for your next race. The time period you run and walk can be scaled to allow you to give it all you have today!

Sprint 20 seconds // Walk 1 minute // Complete 4-6 sets // Scale as needed

Walk/Run

Run fast 2 minutes // Walk 1 minute // Repeat 2-3 times

200 Meter Repeats

Time for another speed workout! After you warm-up, it's time to run 200-meter repeats! If you complete five sets of the circuit, you will run over a mile! Make sure to log your activity in your mileage log.

800 meters to warm-up // 200 meters fast // 200 meters slow // Repeat 5 times // 800 meter cool down

Short, Medium, Long Progressions

Let's build-up to a fast pace. After you warm-up, every three minutes on today's run will lead to a boost in your pace. Run fast!

Short:

Run 3 minutes slow // Run 3 minutes moderate // Run 3 minutes fast // Walk for 3 minutes

Medium

Run 6 minutes slow // Run 6 minutes moderate // Run 6 minutes fast // Walk 4 minutes

Long

Run 10 minutes slow // Run 10 minutes moderate // Run 10 minutes fast // Walk 5 minutes

Tempo Intervals

The trick to a tempo run is to find the right pace for you and maintain it for the entirety of the run. Today, try to find your pace for your eight-minute runs and most importantly, have fun!

// 6-8 minute easy warm-up run

// 2X8 minutes moderately hard effort with 3 minutes rest after each interval

// 5 minute cool down run

Beginner, Intermediate, Advanced

Hill repeats

It's time for you to climb with this hill workout. Find a hill near you and give this workout a spin.

Beginner

// 30-second gradual uphill climb at moderate pace

// Walk downhill

// Repeat once you get to the bottom of the hill

// X4-6

Intermediate

// 30-second gradual uphill climb at moderate pace

// Rest 2 minutes

// Uphill @ 5k pace

// Rest 2 minutes

// X4-6

Advanced

// 30-second climb at 5K pace

// Rest 2 minutes

// Uphill Sprint

// Rest 2 minutes

// Uphill at 5K pace

// Rest 3 minutes

// X3-5