

CAPITAL KIDS 3K OVERVIEW



PROGRAM OVERVIEW

This program is designed to train both active and inactive youth between the ages of 7 and 13 to run a 1.86 mile race.

The program is based on three days of training per week over 11 weeks before, during or after school. Each runner should keep a daily log book.

The purpose of this program is to introduce the kids to distance running and the healthy/active lifestyle that accompanies it. The key to this program is to keep it fun and interesting while challenging yet achievable.

The running intervals outlined in the workout program are based on 100 meter increments on a 400 meter outside track. If no track is available the kids can run laps around a gym, soccer or baseball field or any flat open area. To this end, suggested time intervals are included next to the prescribed distance. For example: if the workout calls for 100 meter repeats where 100 meters = 20-30 seconds. The kids can run a real 100 meters or run for 30 seconds around the gym. For longer intervals such as 800s the time interval is still based on each 100 meters. Therefore the “coach” just needs to add up the total number of 100s in the 800s (8) and multiply by the suggested time per hundred. For 800s it would be $8 \times 30-45\text{sec per } 100 = 240-360 \text{ sec} / 60 = 4-6 \text{ min}$. As the intervals get longer a basketball court type gym may not be conducive and a larger space may be needed.

During the repeat workouts the rest interval should be equal in time to the time run or half the distance run. For example: 4 x 400 meters means run 400m in 2min then walk/jog/skip for 200m or 2min then repeat for a total of 4 times.

A sample workout from week one is:

W/U then 3x100 C/D

DEFINITIONS

W/U is the warm-up. Exercises are outlined below. 3 times 100 meters and cool down (CD). **Cool down** procedures are outlined as well.

The W/U indicates Skipping, JJ and dynamic drills where JJ are jumping jacks. Dynamic drills are outlined in the warm up document . The skips are running form drills disguised as play and are outlined in the basic running form drills document.

W/U

3x100m

CD

W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches

WARM UP OPTIONS

Since running is a dynamic activity it is best to do warm up exercises that activate the muscles about to be used. Static stretching is saved for after the workout. The warm-up time can be fun and creative. Any combination of jumping, hops, skips, windmills, short 20-25 meter sprints etc... will work. The warm up should last no less than 5 and no more than 10 min.

Below are some suggested exercises:

Jumping Jacks- sets of 10 in the “one, two, three, ONE, one, two, three TWO...” format.

Push-ups- sets of 5-10 keeping the core muscles tight.

Sit-ups- sets of 10-20.

Leg swings- one set of 10-15 on each leg: Side to side and front to back. Try to get as wide a range of motion as possible.

Knee hugs- sets of 5 on each leg. While balancing on one foot grab the opposite knee and gently pull it to the chest as you raise up on the toes of the grounded foot. Switch and repeat.

Gravines- one set down and back 10 yards. These are done quickly.

Butt Kicks- rapidly run short strides brushing the underside of the hamstring with the heel.

Knee-Ups- rapidly run short strides (in place is ok) exaggerating the high knee motion bringing the knee above the hip.

One set of 10-20 yards down and back of Marching A and Marching B or Skipping A and Skipping B drills. (see “Drills”) We recommend starting the first few weeks with Marching drills

and graduating to Skipping drills.

COOL DOWN OPTIONS

The “cool down” consists of activities designed to return the heart rate to near resting and encourage recovery and blood flow to the stressed areas. Below are some options for cooling down:

Walking- walk the prescribed length of time. Slow skipping- skipping for 20-30 yards.
Grapevines- slow, walking grapevines.

Walking Arm Circles/Arm Swings large and small

Follow up the Warm Down with static stretching.

Standing Calf Stretch - stand facing a wall with your hands on the wall at about eye level. Put the leg you want to stretch about a step behind your other leg. Keeping your back heel on the floor, bend your front knee until you feel a stretch in the back leg. Hold the stretch for 15 to 30 seconds. Repeat 2 to 4 times. Then do the same stretch with a slight bend in the forward knee.

Standing Hip Flexor Stretch - start by standing with feet together. Step right leg back until heel is flat on floor; then lift up on ball of right foot. Keeping back straight and head up, lower heel down slightly until you feel a stretch in right hip flexor. Hold. Release and switch sides.

Standing adductor (groin) Stretch - stand with feet wider than shoulder-width. Keeping left foot pointed straight ahead on floor, shift weight to right foot until you feel stretch in inner thigh. If you don't feel it, widen the legs a little. Hold. Release and switch sides.

Hanging Hamstring Stretch- touch your toes

Standing Hamstring - standing with feet together, place right heel on floor and flex right foot toward you. As you do this, slowly lean forward from hips (hands can be on hips if you prefer) until you feel a stretch in the back of right leg. Hold. Release and switch sides.

Figure 4 Stretch - for this hip-opening stretch, lie face up on your back, knees bent, and feet on floor. Place right foot on left thigh, right above left knee. With left hand, grasp right knee, pulling it gently toward chest and then left shoulder. Hold. Release and switch sides.

Standing Quad Stretch- heel to butt- be careful not to pull too aggressively on the foot as to put pressure on the knee.

Standing IT Band Stretch - from standing position, cross right leg over left leg, left hand supported by wall or desk. Keeping right leg and back straight, push right hip out. If you need to bend left knee, that's okay. Hold. Release and switch sides.

Seated Hamstring stretch- one leg out, same arm, try to touch toes, grab and hold for 20 seconds. Go slow and only reach as far as you can. No bouncing