

# **KIDS RUNNING WORKOUT**

**We recommend watching the video on our YouTube Channel before doing the workout**

- **Ages 4 - 12 years old**
- **Equipment: 6 x Cans, Drinks Bottle & Banana**
- **Area: Park or Garden ie Safe Place**
- **Set up: Rectangle using cans - place 6 10 paces apart**

## **Warm Up**

**5 mins in total**

**Laps around the cans using different commands**

**Use commands: Run, Walk, Sprint, Freeze, Skip, Hop, Stand on one leg, Star jumps, Change direction and Touch the ground**

## **Drill 1**

**Relay! If more than one child relay using banana 4 laps each. If one child laps of cans and get faster down the long side x 8 laps**

## **Drill 2**

**Take one of the middle cans. The child runs a lap holding the can above their head. Run 4 laps. If more than one child do this as a relay.**

## **Drill 3**

**Use two cans and hold one in each hand. Again the relay works for two or more children. Each child 4 laps.**

## **Drill 4**

**Turn the cans over. Flip over each can and then run around and complete the lap.**

## **Drill 5**

**Once all cans are turned over repeat going the other way.**

## **Drill 6**

**Move the water bottles around the area. Run to first can and put water bottle down and complete lap. Then move the bottle to the next can. Keep going until the bottle has been moved all the way back to the start**

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## **Drill 7**

**Move the cans into a line. Spread them out to about 2 metres apart. The child runs to the first one and then walks or jogs backwards. Run to the next can and then jog or walk backwards to the previous can. Once they have worked all the way to the end they need to sprint back. Repeat 3 times. Be careful with the going backwards!**

## **Drill 8**

**Use line of cans still. At each can do a different movement. For example walk, hop, skip, bounce side to side, opposite way and then sprint back. Repeat three times.**

## **Drill 9**

**Remove two of the cans. Child walks to first can and then runs to last can and then sprints back. If more than one child do this as a race three times. Once completed move the last can further away so sprint back is longer and again repeat three times.**

## **Drill 10**

**Put the cans back into their original positions ie 6 creating a large rectangle. The child runs a circle around each can. Repeat three times but change the direction each time.**

## **Finale**

**5 mins of solid running. How many laps can you get in 5 minutes? Each time the child passes the start line either keep count or give them something they can keep in their hand and count at the end. The idea is next time they do this workout they have to beat it!**

## **Stretches**

**4 simple stretches and best to watch the video!**

**SHARE THE VIDEO WITH OTHERS TO GET CHILDREN FIT AND HEALTHIER USING OUR RUNNING WORKOUT! FOR MORE INFO ON OUR JUNIOR RUNNING PROGRAMME VISIT OUR WEBSITE [FORDYRUNS.COM](http://fordyruns.com) AND BUY YOUR KIDS RUNNING KIT ONLINE AT OUR STORE!**