

YOUTH
RUNNING

COACHING MANUAL



SAMPLE

LESSON PLANS,
TEMPLATES, &
PRINTABLE ACTIVITIES



Introduction to the 2nd Recess Youth Running Program

At 2nd Recess, we believe that being healthy and active in the community is a key ingredient to inspiring others to be active as well. Through Patience, Perseverance, and Positivity we encourage athletes in our program to set big goals and explore their athletic gifts.

Practices are designed to teach the power of exercise, teamwork, and healthy living. During practices, participants will learn about:

- Warming up & cooling down
- Drills, stretching, and “striders”
- Fun workouts, including Cross Country and Track & Field
- Nutrition
- Goal setting, Patience, Perseverance, and Positivity

Athletes of all ages can participate in the program, from as young as four years old all the way up to 14 years old. Practices are tailored to fit each athlete's age and ability, and are always centered on having fun while challenging yourself.

We are proud to offer the 2nd Recess program to schools and recreational sites across the country. As a passionate organization we will continue to inspire others through fun and fitness

Learning Objectives

2nd Recessers will learn how to:

- 1) Apply the 3 Ps of Success: Patience, Perseverance, and Positivity.
- 2) Establish a basic understanding of nutrition.
- 3) Work together as a team.
- 4) Improve their fitness level.

COACHING MANUAL

Section 1- Training Checklist

Section 2- Program Code of Conduct

Section 3- Season Overview

Section 4- Weekly Practice Outlines

Section 5- Activity Library

Section 6- Templates

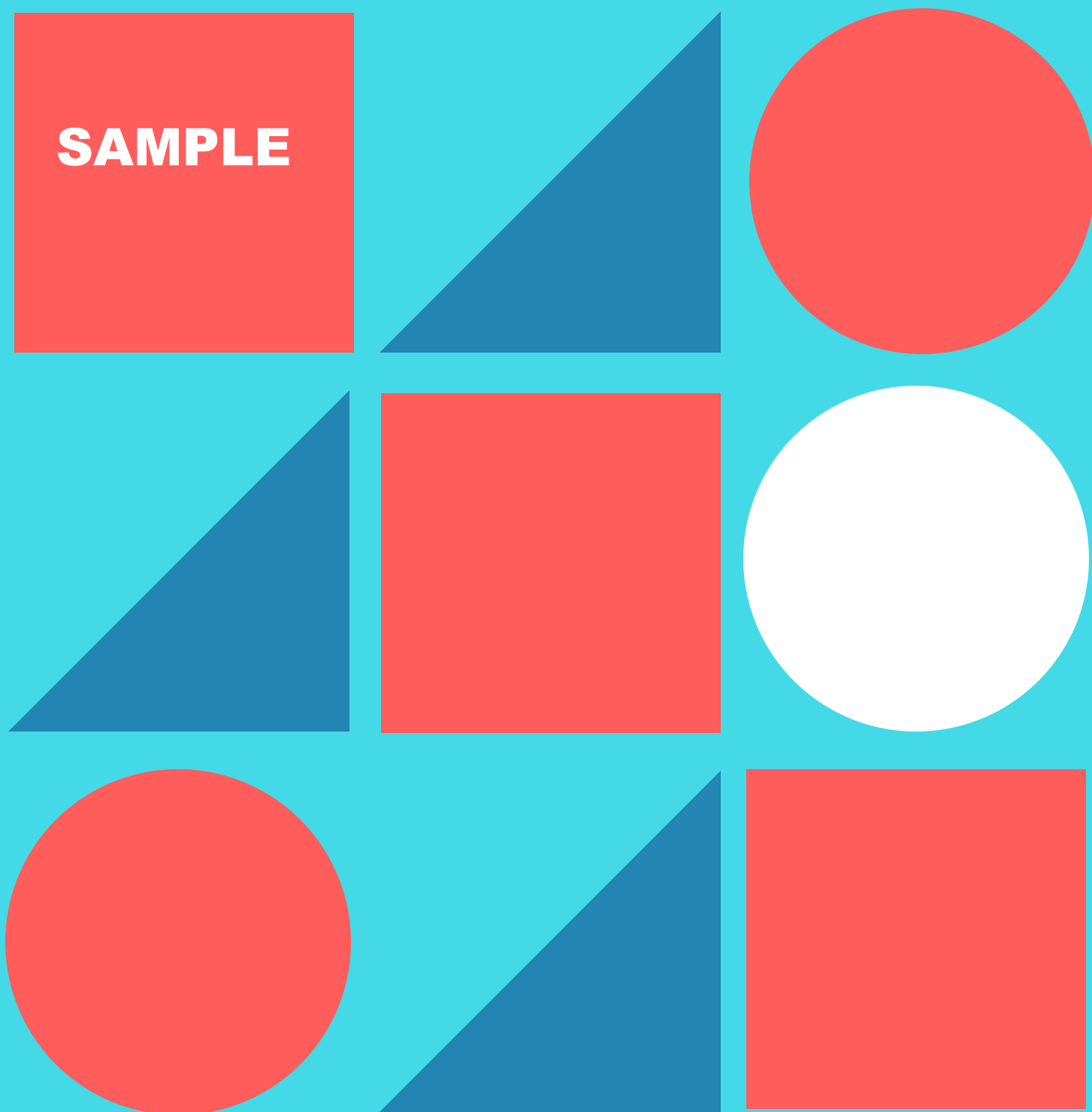
Section 7- Coaching Resources

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Section 10- Questions and Inquiries

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TRAINING CHECKLIST



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PROGRAM CODE OF CONDUCT

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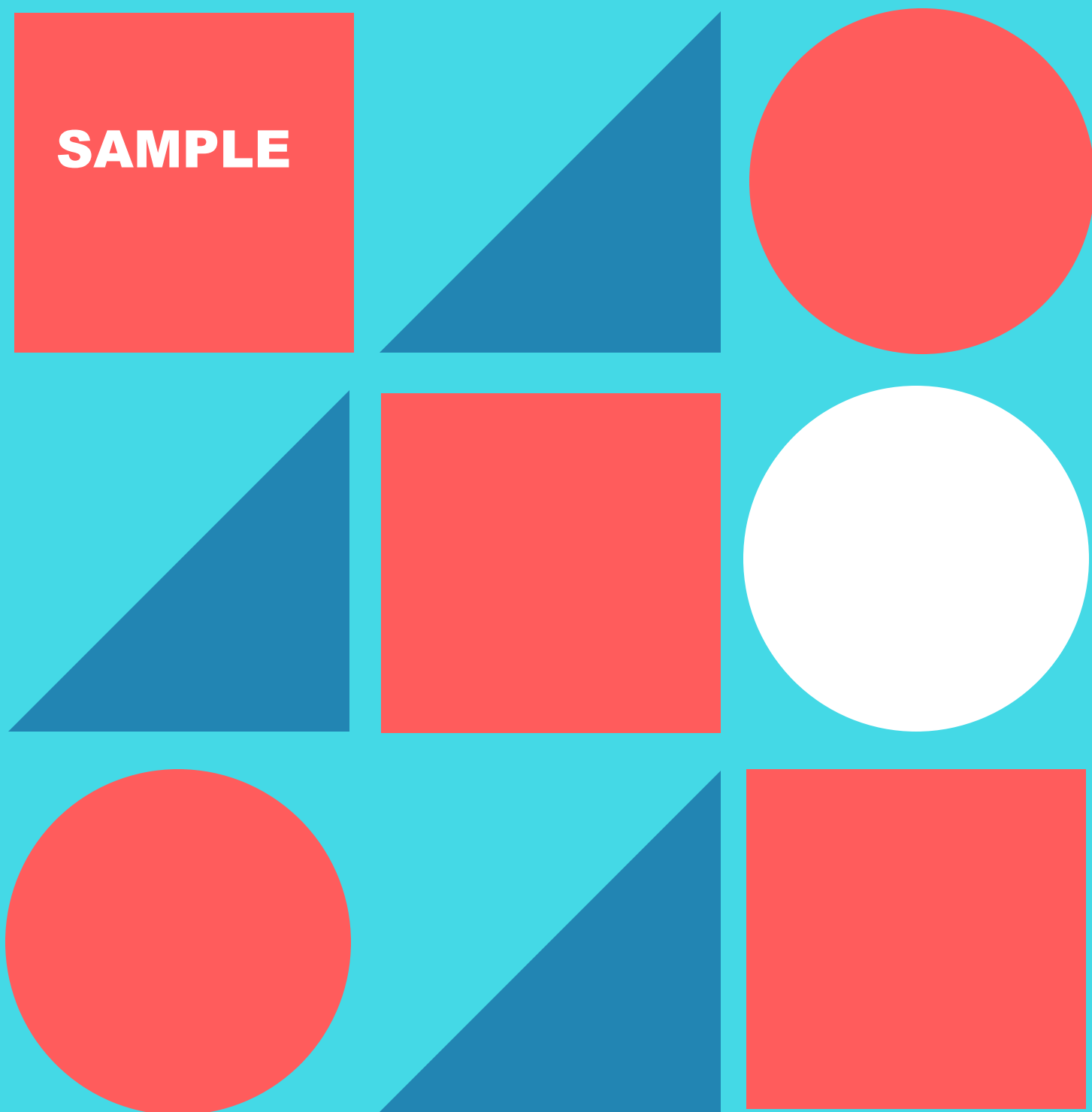
SEASON OVERVIEW

SAMPLE



Season Overview

WEEK	ACTIVITY	TOPIC
1	(1) Obstacle Course (2) Jog-Run-Sprint (Fartle	Why can running be fun?
2	(1) Timed Run Cross C (2) Pick Your Poison!	What is a goal? What are your goals?
3	(1) Spell Your Name (2) Hills	What does it mean to be Inspired ?
4	(1) Pumpkin Run (2) Pick Your	What is a challenge? Perseverance .
5		What are some things to
6		?
7		?
8		
9	(2)	Champions are your inner
10	((Why do you want to be
11		What Track & Field? What do you like to try?
12		What is the most fun about 2nd Recess so
13	Spell Your Name Circuits	What are the Olympics?
14	(1) Sprints (2) Pick Your Poison	What is goal setting? What are your current goals?



WEEKLY PRACTICE OUTLINES

Practice Planner

Week #1

WARM- UP:

1. **Start:** 3-5 minutes of jogging (slow pace)
2. **Drills** (approximately 20 meters of drills)
 - a. Regular skipping with running arms (focus on driving arms forward)
 - b. Butt kicks (focus on more kicks to the rear, not going fast)
 - c. Skips with arm circles forward/backwards
 - d. Monster walks (moving forward with arms out reached, trying to reach for feet)

ACTIVITIES:

1. **Obstacle Course**
 - a. Set up a variety of obstacles that incorporate circuit-type exercises including: jump rope, sprinting, jumping over cones, etc. The more creative you can be with on-hand equipment, the better!
2. **Jog-Run-Sprint (Fartlek)**
 - a. Practice working on pacing through a fartlek workout (Swedish for 'speed play'). Start with jogging, then shift to running, and then to sprints.

COOL-DOWN:

Finish: End workout with 3-5 minutes of jogging (slow pace). Choose a 'cool-down' kid leader to guide runners in jogging the cool-down **together as a group**.

MOTIVATIONAL TOPIC: *Why can running be fun?*

SNACK (Optional):

NUTRITIONAL CONTENTS OF SNACK:

ANNOUNCEMENTS:

•

•

GOLDEN SNEAKER AWARD WINNERS (*Individuals who demonstrated the 3 P's of Patience, Positivity, and Perseverance*):

1. _____

3. _____

2. _____

4. _____

****For more information about how to conduct a certain activity, please refer to the practice details outlined in the 2nd Recess Activity Library**

A 3x3 grid of geometric shapes on a light blue background. The shapes are: Row 1: Red square with 'SAMPLE', Blue triangle (top-left to bottom-right), Red circle. Row 2: Blue triangle (top-left to bottom-right), Red square, White circle. Row 3: Red circle, Blue triangle (top-left to bottom-right), Red square.

SAMPLE

ACTIVITY LIBRARY

SAMPLE



SET ROUTINES

Warm-up Drills: Jogging 1-2 laps (200-400m) depending on age group (3-5 minutes of running time).

1. The Three Running Speeds: JOG, RUN, SPRINT
2. Skipping with Running Arms
3. Butt Kicks with Running Arms
4. Monster Walks
5. Over-Under-Back-Back
6. *Strides*: Strides are faster than a run but slower than a sprint.
 - a. You use them to warm-up before a workout or race to get your body and legs used to running a race pace or faster.
 - b. You never race during strides.
 - c. Always use *strong arms* during strides to practice good running form.
7. *Strong Arms*: Your hands swing forward and elbows swing back, front to back and not side-to-side so you don't waste energy. We aren't boxing! The inside of both wrists will swing past the top of your hip.

Cool-down: Jogging 1-2 laps depending on age group. Later in season choose 1-2 cooldown leaders to assist. With the younger group you can help lead with the cooldown leader.

ACTIVITY LIBRARY

Captain's Run - *The Captain's Run is a type of "Fartlek" that uses a whistle to tell runners when to speed up. This game is meant for the older group only (8 & up). The younger group does the Caterpillar Run (see below).*

Set Up: Create a large loop (approximately 200m) that runners can go around.

The Workout: A fartlek is a type of run where athletes practice running at different speeds (Jog, Run, or Sprint). The word is Swedish for "speed play". This type of fartlek has runners practice staying in a group (a straight line) while *jogging*. When the group hears the whistle the last runner in line *sprints* to the front of the line. Continue this until each person has had at least 2 times sprinting to the front. If the group is large enough you can create two lines and have groups run in opposite directions around the loop.

Optional Version: Instead of a whistle give the group a baton. The lead runner or "Captain" starts slowly jogging with the baton. The Captain then passes it behind him/her to the next runner. This is continued until the last person in line has the baton. When the last person has the baton they sprint to the front and repeat.

Key Points: The runner in the front of the line is the "captain" and has to run (Jog) slow enough to keep the group together. Each person will get a turn sprinting and being the captain. The goal of the workout is make sure the group stays together so each person sprinting can reach the front. The focus is on teamwork and being Patient while jogging.

Caterpillar Run - *This game is meant for the younger group (7 & under). It is similar to the Captain's Run in that the group must stay in a line and take turns sprinting to the front. However, the leader of the line is the Coach.*

Set Up: None. This workout is led by the Coach and all you need is an open space to run in.

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TEMPLATES



Achievement Award

This award is presented to

for the demonstrating Patience, Positivity, and
Person:

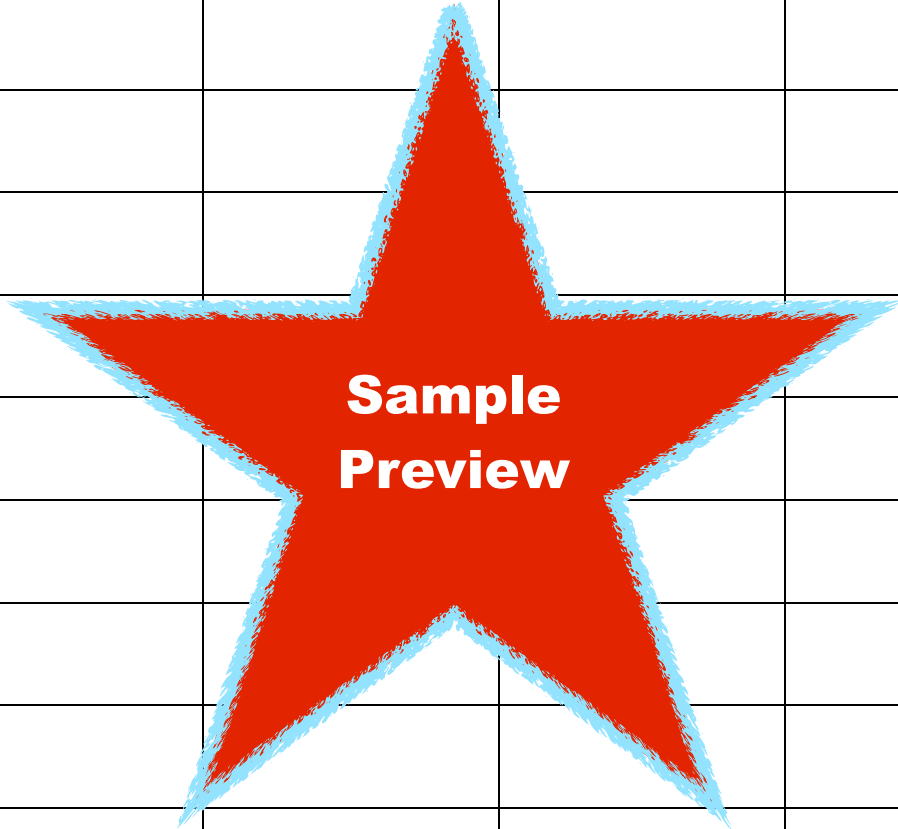
**Sample
Preview**

2ND RECESS COACH

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Timed Run

Name	Predicted Time	Actual Time	Difference



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COACHING RESOURCES

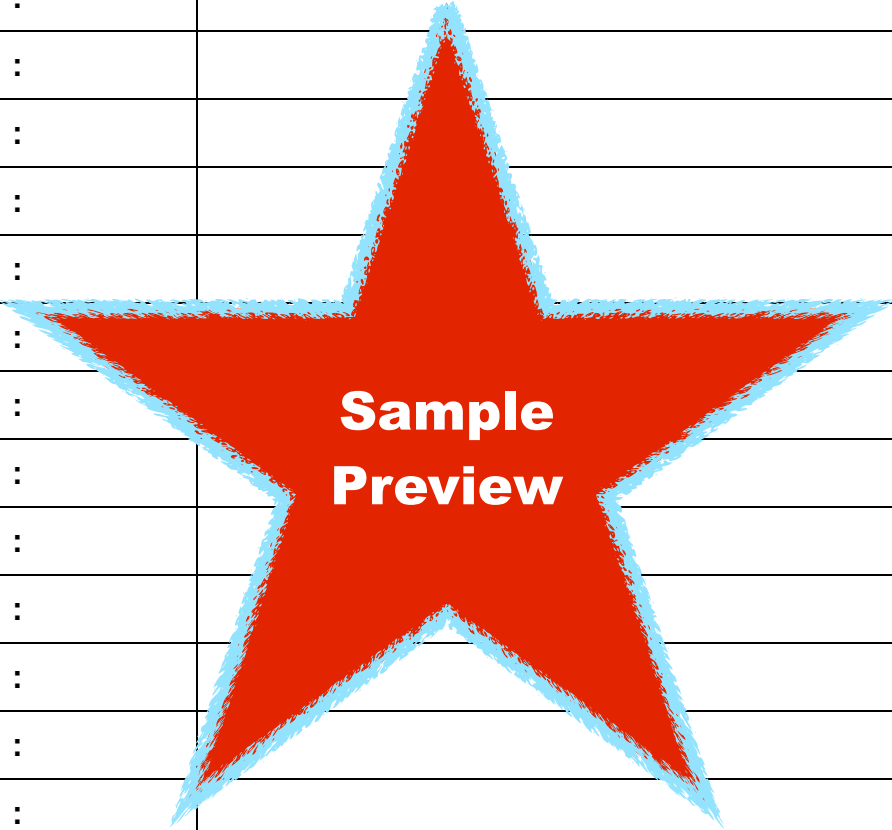


Practice Equipment Checklist

Name	Checked Off!
Cones	
Hurdles	
Golden Sneaker Award Box	
Activity Logs	
Weekly Workout Schedule	
Pens	
Whistles	
First Aid Kit	
Chalk	
Pick Your Person! Cards	
2 nd Recess Stickers	
Printable Game Templates	
Snack (Optional)	

**Sample
Preview**

Place	Time (min:sec)	Name
1	:	
2	:	
3	:	
4	:	
5	:	
6	:	
7	:	
8	:	
9	:	
10	:	
11	:	
12	:	
13	:	
14	:	
15	:	
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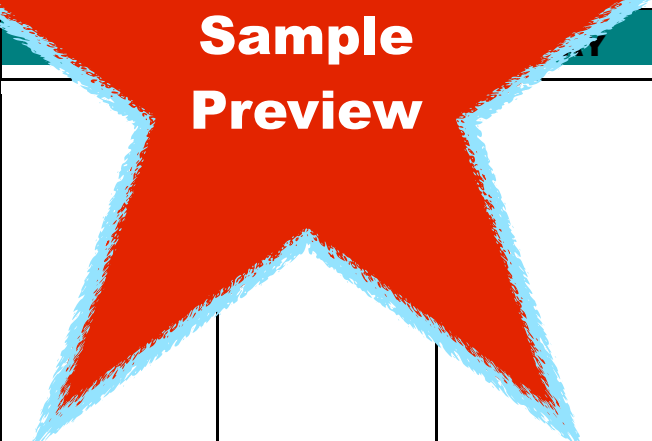




This is --- 'S ACTIVITY LOG

ACTIVITY LOG

WEEK # _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		 Sample Preview				

In each day of the week, write what physical activity you do and how much time you spend playing! You can also add notes about what you enjoy doing and why!

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PRINTABLE GAMES

Spell Your Name

Fitness

A = 50 Jumping Jacks	N = 25 Burpees
B = 20 Crunches	O = 40 Jumping Jacks
C = 30 Squats	P = 15 Arm Circles
D = 15 Pushups	Q = 30 Crunches
E = 1 Minute Wall Sit	R = 15 Pushups
F = 10 Pushups	S = 10 Squats
G = 20 Arm Circles	T = 20 Squats
H = 20 Squats	U = 15 Arm Circles
I = 30 Jumping Jacks	V = 1 Minute Plank
J = 15 Crunches	W = 20 Burpees
K = 10 Pushups	X = 15 Jumping Jacks
L = 2 Minute Plank Sit	Y = 30 Crunches
M = 20 Burpees	Z = 20 Pushups

**Sample
Preview**

A 3x3 grid of geometric shapes on a light blue background. The shapes are: Row 1: Red square (top-left), Blue triangle (top-middle), Red circle (top-right). Row 2: Blue triangle (middle-left), Red square (middle-middle), White circle (middle-right). Row 3: Red circle (bottom-left), Blue triangle (bottom-middle), Red square (bottom-right).

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JOG-A-THON FUNDRAISER

Dear Family and Friends,

I need your help! On _____(DATE), I will be participating in a Jog-A-Thon to benefit my school,
_____(SCHOOL NAME). On the day of the Jog-A-Thon, we will be raising money
to: _____(ENTER GOAL OF FUNDRAISING).

Would you sponsor me for my Jog-A-Thon? I promise to run, jog, or walk my laps to earn your pledge. My personal
goal is to raise \$_____ (INSERT GOAL). Thank you in advance for supporting my school and me!

Please detach and return bottom portion. All pledges must be received by DATE for the student to qualify for prizes.

I agree to sponsor (name: _____),

Total Gift: (select one)

☐ \$_____ per lap or ☐ \$10.00 ☐ \$_____

Checks should be made payable to "_____" returned to:

SCHOOL NAME Attn: Jog-A-Thon
SCHOOL ADDRESS

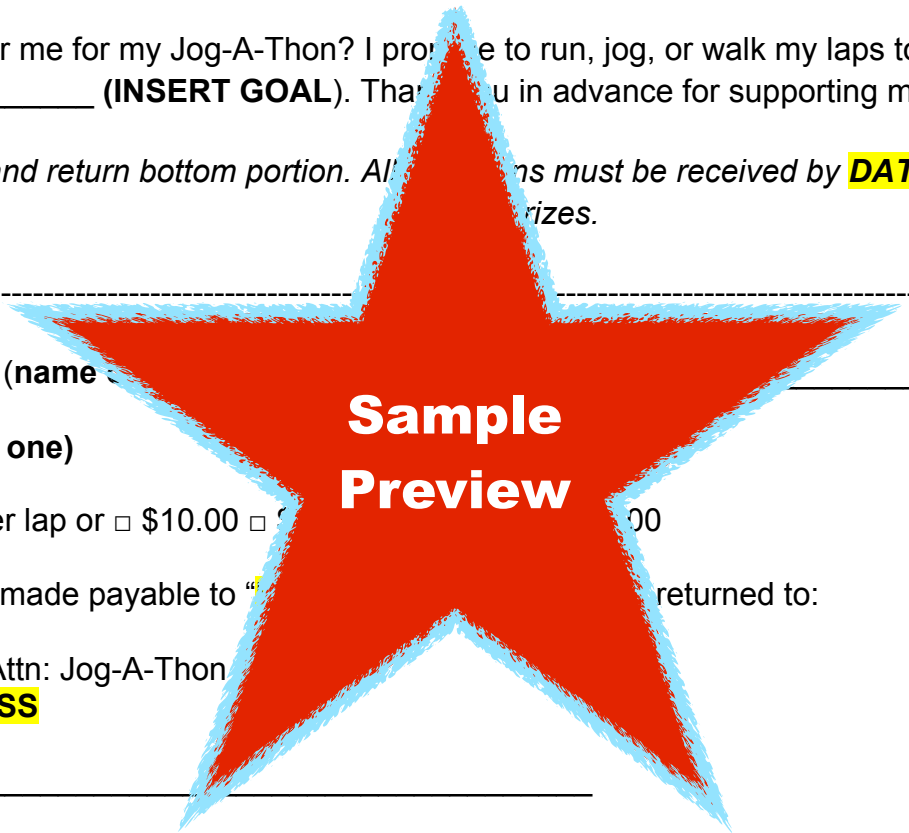
Your Name: _____

Relationship to Student: _____

Phone: _____ Grade: _____ Teacher: _____

If you would like a tax-deductible receipt, please check this box ☐

Thank you for your support!



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QUESTIONS?

FEEL FREE TO CONTACT US AT
INFO@2NDRECESS.ORG WITH ANY QUESTIONS