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KIDS RUN

Training Outline

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MARATHON AND HALF



## Life Time Kids Run Miami - Training Outline by Frankie Ruiz, Co-Founder Miami Marathon

Including contributions from Mechelle Lewis-Freeman, Olympian/Olympic Coach and Life Time Foundation Board Member

Are you ready to take on the Life Time Kids Run Miami program? You've committed to complete your marathon and your eyes are set on the race calendar. We're here to help guide you to the Finish Line! The plan we have designed is to help prepare your body so that you can enjoy your experience, no matter what level you're starting from.

The plan is based on a 15-week schedule, with a few extra/make-up weeks during holiday breaks. However, depending on your current fitness level and personal/school schedule, this plan may be modified by a few weeks. For the days of the week that have been assigned, it is ok to shuffle the workouts but keep at least 48 hours between the more demanding workouts and even longer if you are training in warm weather.

We also encourage coaches and parents/guardians to complete the training with the kids, not only for safety reasons but because it's more fun to run together and share in the experience!

## Beginner's Note from Frankie

We have a tendency to want to run all out right from the beginning - but if you don't run regularly and these next few days will be your first time shuffling those feet faster than a walk, then you need to follow my direction on this. After a brisk walk or jog to warm-up (described in the warm-up section below) you can start with the goal of moving for 10-minutes, which is the least cumulative total you should be running/jogging each day.

You'll monitor the clock to help keep you inside that time frame but not to monitor your overall pace. Instead, you'll pace yourself based on your breathing. Start walking or jogging depending on your current state of fitness and then I want you to monitor your breathing. Once that breathing becomes panting or too shallow to sing a song then it's time to walk slowly. Begin that jog or brisk walk again only after your breathing has returned to your calm breathing, as you might have when having a normal conversation with someone. You'll then slow again once you hit that heavy breathing again.

Repeat this pattern until you've hit that 10-minute mark. Do this same routine and don't add any time to the 10-minute goal until you are able to jog the entire time straight without the walk breaks. So, on those days in the schedule, ignore time beyond that 10-minute mark. Don't worry about how far you're running or how fast – instead, the goal is to run the entire length of time.

### **Are you a bucket list or avid runner?**

If you're looking to just complete the race and have fun doing it, the schedule provided will certainly help you get there. If you're a more seasoned runner, you too can follow the plan - however, you should add more intensity and increase your total volume. After all, those are the two variables an athlete will adjust during endurance race training to increase the chances of reaching desired goals.

### **C'mon Frankie! Running is a simple sport, why all the technical and complex sounding terms?**

Training jargon can be a bit confusing, and in many cases, different terms mean different things to different runners and coaches. To provide the best understanding before you dive into the training, take a few moments to review some of the terms defined below used for our training. Much like a recipe that includes each ingredient, every single one of these has a purpose and a specific recommended dosage.

Your training will include varied runs described using some running jargon. And within these assigned runs, you'll be running at different speeds and maintain certain paces as you progress. Don't get ahead of yourself - this way we are less likely to burn out and get injured. The effort-based approach is recommended over being mastered by only the pace shown on your smart device. In other words, listen to your body and be aware that your effort will fluctuate from workout to workout.

## Prep and Clearance

Before you start your training make sure you check with your parent/guardian/doctor to be sure you're cleared to start your training. Step two is to make sure you are all geared up with running shoes and workout attire. You should also have some sort of distance and time-recording device. That device can be a wearable such as a GPS enabled watch or other smart watch. You could also take your smart phone with you and download any of the many free running apps available or simply use a stop-watch and pre-measured route. We also want to keep safety in mind by adhering to your local guidelines and rules with regards to outdoor exercise such as distancing requirements etc., and to run with friends and/or a parent/guardian.

## Warm-up

This will be so important in helping you accrue mileage volume and possibly lessen the chance of injury. It also helps us create the right athletic mindset. It gives added variety to your session when you begin with proper warm-up. The time spent warming up helps us remain focused on form because we are fresh and more self-aware of our movements. The body takes about 10-15 minutes of increasing movement and exercise to prepare itself for more demanding training.

The first purpose to warm up is to increase blood circulation to a point where you don't have to spend the actual workout or race going through the first few minutes shifting gears as your heart rate increases. The second reason is to raise our core temperature so that the muscles can be more elastic and efficient. We want to always warm-up, however there should be extra time and focus dedicated on those days where the workout is a bit more demanding and more so if the temperature is cool.

The warm-up time is also a good time to make adjustments to your training, or even consider a pause if there are any areas of the body that are in pain or discomfort. If any pain persists for more than 3 days or is sharply acute, we advise you to see a doctor.

**Exercises:** 5-10 minutes easy jog + 5 minutes Active Drills + 2 minutes of Leg Swings/Lunges/Dynamic Stretching

**Active Drills** - These can be exaggerated movements of the legs such as high knees marching, butt kicks, short and quick feet shuffle, skips, side jumping jacks, etc. You can find many runner/sprinter drills on videos across the web, pick a few and rotate them every week, mixing and matching your favorites to make them fun and rhythmic.

**Lunges** - Simply do 5 forward lunges with each leg followed by 5 reverse lunges with each leg. This is to be done in a controlled manner.

### Stationary - Dynamic Stretching Movements

- **Joint Mobility Circles** - ankles, knees, hips, elbows, wrists, shoulders, neck
- **Leg Swings** - Using a wall or fence for balance, leg swings should be performed from both a lateral and front-to-back position. 10 reps each way/each leg.

### Walking - Dynamic Stretching Movements

- **Walking Bent Over Hamstring Scoops** - The walking version of the static hamstring stretch, walk a few steps then sit back while putting one leg forward with a flexed foot to stretch your hamstrings and calf muscles. Scoop your arms down through your flexed foot.
- **Walking Knee Hugs** - Lift your knee up to your chest. Wrap both arms around your knee/shin and hug your knee to your chest, stretching out the glute and hamstring. Walk forward and alternate knees.
- **Walking Quad Stretch** - While standing, bend one knee back, grab your foot, and use the hand on that same side, pull it towards your butt. Be sure to push your chest up and hips forward as you hold this stretch for a few seconds. Alternate sides as you walk forward.
- **Frankenstein Walks** - walk and kick legs up in front tapping each foot with the opposite hand.
- **Walking Figure Four Glute Stretch** - Squat down as if you're about to sit in a chair. Lift your left leg and cross that ankle over your right thigh. Sit back into the stretch—your right leg which is on the ground should be bent while gently pushing your bent left knee down. Hold for a few seconds; switch legs and repeat.
- **Walking Lunge Stretch** - Step out with front foot bending the knee 90 degrees to form a front lunge position. Reach up with the opposite hand leaning into the bended knee to stretch the obliques. Stand, bringing your feet together, repeating the step out front lunge position and oblique stretch using the opposite sides.

Drink fluids to stay hydrated and tighten your shoelaces right before you head out after completing all the above.

Check out some of these great examples of **games to get kids running** courtesy of [Marathon Kids](#):

### **Sharks And Minnows**

Designate one student as the shark and have them stand in the center of the play area. All the other students are the fish and should line up, side-by-side at one end of the area. All the fish call out in unison, "Shark, shark, may we cross your ocean?" When the shark responds, "Go, minnows, go," every student runs for the far side of the play area, trying to avoid being "eaten" (tagged) by the shark. If a runner is tagged, he or she then becomes a second shark and works with the first to tag other fish. The round or game is over when there's only one minnow left.

### **Wacky Laps**

There are times when running laps around a quarter- or eighth-mile track is necessary—but it never has to be boring. To make running laps more fun and interesting for your students, introduce Wacky Laps, in which they run every lap in a different (and wacky!) way. Students can run the first lap to music, the second lap backward, and the third lap as slowly as possible. They can run a lap weaving among cones, another while holding hands with a partner, and another jumping over mini-hurdles (such as bean bags or any other small item that won't trip them up). Letting the students brainstorm their own Wacky Laps is another great way to keep them engaged.

### **Criss-Cross Relay**

Relay races are another great way to blend running practice with interval training and teamwork. For this whole-group relay, divide students into four groups and have each group line up in the four corners of your gym or play area. Designate the first runner—the first student in one of the lines, who will run diagonally across the play area to the group at the far corner, high-five the first runner there, and go to the end of that line. Meanwhile, the second runner (who received the high-five) has taken off to the third corner's group to high-five that group's first runner and head to the back of that line. That third runner will run diagonally across the area to high-five the fourth group's first runner—and so on. The running pattern follows a continuous hourglass shape. To switch things up, have two students run at a time, and always diagonally across the play area, to create an X-shaped running pattern.

### **Red Light, Green Light**

This classic running game is great for interval training as well as building physical endurance and listening skills. Line your students up at the starting line. Once the teacher calls out "green light," everyone starts running as fast as they can toward the finish line. When the teacher calls out "red light," all the runners must freeze in place. The students can start running when the teacher calls out "green light" again. If the teacher calls out "yellow light," the students must slow their pace until it's time to freeze or run fast again.

### **Band-Aid Tag**

There is one Tagger and two Doctors in this silly twist on tag. The rest of the students are potential patients who run to avoid being tagged. When runners are tagged, they must hold a "Band-Aid" (a hand) over the spot where they were tagged and continue running. If they're tagged a second time, they have to hold their other hand over that spot as well and keep going. If they're tagged a third time, they're out of "Band-Aids" and become Patients. This means they have to freeze in place, until the Doctors come "operate." Both Doctors must tag a frozen player at the same time in order to "operate" and "heal," or unfreeze, the Patient, so the player can start running again. This game gets goofy when the Tagger tags runners on silly or hard-to-reach spots like their heads, knees or backs!

## Fartlek

This is a Swedish term for speed-play coined in the 1940's. When this is assigned, it means you will vary your speed within the run and use slower speeds to recover for allotted specific time. Think of this as playing tag in the playground.

## Striders

Not an Usain Bolt sprint but a gear or two below that kind of all-out speed. These are about 10-20 seconds long or listed in meters. Their purpose is to help add power to your form and promote an efficient stride. The pace for these is usually a gradual build-up to almost a sprint. But it is NOT a sprint. This is a good time to run as if the cameras are focused on you. Heck, maybe even have someone film you with a phone to see how your form looks. Sometimes we think it looks one way but then the video shows an entirely different story.

Pay extra attention to your posture, your arm swing, cadence and your knee lift. Striders will be one of the more frequently assigned elements to your training. Following each strider, you can jog for about a minute to recover before your next round. Feel free to extend this recovery time. When the "+" is in the assigned distance this means the striders are to be done within the distance run as part of that length of time/distance. The striders should be done at any time after the midpoint of your run. If there is no "+" then the striders can be done pre- or post-run.

## Tempo Runs

This type of workout is best described for our purpose as sustained speed for a predetermined duration - usually no longer than about 10 minutes to start for youth. Think of this as another term for quality running. A pace where an extended conversation with a friend isn't easy nor very possible because you will just grow too winded and have to slow down. Your friend might think you're in distress if you should try to talk too much. It's a pace where you aren't too comfortable, but you can handle the pace steadily for a lengthy period of time.

## Intervals

This type of workout is usually done on a track or an unimpeded leveled path. The idea here is that you will run fast but for shortened distances with rest toggled between each repetition. Your form and strength are gaining the most from this type of workout. Here we think shorter distance but higher intensity. For simplicity's sake, the effort here is best described as non-conversational, therefore at a pace as fast as you would race a 5K on that particular day. This is not an all-out sprint but an evenly spread pace that brings you near that edge where you might need to slow down if you sustain that speed for the entire distance.

## Cool-Down

This is also known as warming-down and is important to help ease the soreness for the next few days after a tough workout. There are typically two parts to a traditional cool down, a light easy jog followed by some stretching. Long static stretching should be avoided prior to your run, instead it's best done after the workout is complete, and those stretching holds should be for 20-30 seconds. This is a good time to insert more yoga-like poses. The cool down time is a great moment to reflect on your workout. Visualize the good parts and the tough parts to help you connect with the actual thoughts that will go through your mind on race day. It is also a time to socialize a bit with your running partners.

## Your Famous Journey

Alright, let's get this Miami Famous running show started. We want more than just "5 minutes of fame" for you - we want you running for life! You are an athlete and it's time you start treating that body as such. We know that the race is the main focus, but the fun and the positive life impact is in the training journey itself. You can move the workouts around during the week but don't do any of the workout days back-to-back, instead always insert a recovery day between or a rest day if it is on the calendar for that particular week. Keep in mind that recovery always means we are still doing something. The word rest means you do no exercise that day.

# You're Ready to Begin Your #MiamiFamous Journey!

