

## Virtual Great Scottish Run 2021 Training Summary



**Aim:** To get children accustomed to running for longer periods and increase their endurance so that when the virtual Great Scottish Run event kicks off they will be working towards running a mile without stopping.

**How many sessions a week?** 2 would be ideal which means you can do the Ready and Steady sessions. The Run one is there for more advanced groups.

**Time:** Can easily be integrated into quick sessions of 15-20 mins

**Tip:** Add in some relay races/games at the end if you have time

### PROGRAMME OVERVIEW

WEEK	<b>READY</b> SCHOOL SESSION 1 	<b>STEADY</b> SCHOOL SESSION 2 	<b>RUN!</b> RACE SKILLS SESSION 
1	6 - 8 x 30 secs tempo runs with 1 min walking recovery	5 mins easy/steady running + games and stretching	Pace Judgement (1)
2	6 - 8 x 30 secs tempo runs with 30 secs walking recovery	6 mins easy/steady running + games and stretching	Tactics Game
3	4 - 6 x 1 min tempo runs with 1 min walking recovery	7 mins easy/steady running + games and stretching	Speed
4	4 - 6 x 1 min tempo runs with 30 secs walking recovery	8 mins easy/steady running + games and stretching	Pace Judgement (2)
5	2 - 4 x 2 mins tempo runs with 1 min walking recovery	10 mins easy/steady running + games and stretching	Drafting
6	2 - 4 x 2 mins tempo runs with 30 secs walking recovery	12 mins easy/steady running + games and stretching	Relays

**Warm up:** start with few mins walking or jogging and some stretches

**Ready (1<sup>st</sup> session):** Tempo runs are runs that involved a bit of speed – not as fast as a sprint but not as slow as a jog. Encourage children to go at their pace so that they are a bit out of breath but can still say a few words.

It's a good idea to have some cones set out in playground so they can see how far they can run in the time – can they do 1 lap in 30 secs for example?

**Steady:** slower jogging pace and pupils should be able to have a conversation

The programmes are explained in more detail in the attachments.

Get Ready to Run programme – the programme above with lots more detail

Jog Scotland – running games ideas to integrate into sessions if you have time



## SCHOOL SESSIONS 1

WEEK	<b>READY</b> SCHOOL SESSION 1
1	6 - 8 x 30 secs tempo runs with 1 min walking recovery
2	6 - 8 x 30 secs tempo runs with 30 secs walking recovery
3	4 - 6 x 1 min tempo runs with 1 min walking recovery
4	4 - 6 x 1 min tempo runs with 30 secs walking recovery
5	2 - 4 x 2 mins tempo runs with 1 min walking recovery
6	2 - 4 x 2 mins tempo runs with 30 secs walking recovery

**VENUE:**  
School

**EQUIPMENT:**  
Cones, Stopwatch, Whistle

### Warm-up (5 - 10 mins)

- Warm-up can involve some light jogging followed by dynamic stretching (see Dynamic Stretching for suggestions).
- Alternatively, you can play some games that encourage varied movements, for example, tag, shark attack, dodge-ball etc.

### Session (10 - 20 mins)

- In the most part, the sessions in this block are interval training based i.e. they involve a continuous sequence of run and then recovery for the stated repetitions and times.
  - o For example, in week 1, participants would run for 1 minute and then go straight into the 1 minute walk. With the last 10 secs of each recovery period have everyone get back to their starting point ready for the next repetition to begin. Repeat for the remainder of the session.
- Participants can be staggered and started in groups around the track/hall but try and ensure each person starts each repetition from his/her original starting point so the distances covered are comparable.
  - o Staggered starts may help to stop some people 'racing'.

- 'Tempo run' pace is described as 'comfortably hard' and should be:
  - o Sustainable for longer than the given time for that repetition i.e. the participants should be able to keep running at the same speed if you don't stop them.
  - o A speed where participants have difficulty to say repeatedly more than 2-3 words at a time but are still able to look relaxed with a good running action.
- To help control the pace:
  - o Encourage a slower starting speed for the first part of the run to gauge the effort needed to keep the pace even.
  - o Encourage running in groups (particularly less able participants) to support and motivate one another.
  - o Set a target of trying to equal or better the distance covered with each repetition.
- You can signal the end of a repetition by shouting or by blowing a whistle but when the repetition finishes:
  - o Encourage participants to keep moving and go straight into the walk.
  - o Encourage participants to take deep, relaxed breaths to control their breathing – clapping hands behind head can help with this.

### Warm-down (5 - 10 mins)

- Warm-down can involve some light jogging/ walking, stretching and/or minute game.\*

### General Notes

- Sessions are ideally run outdoors but can be indoors if necessary.
  - o Run as laps of a marked out track/circle or as shuttles (from one end of a hall/field to another).
- If the session appears to be too difficult for the current level of fitness, repeat it the following week so participants can try and see some clear progression.
  - o If they stop during the middle of a run, try and encourage them to keep walking/jogging (unless they are injured).
- Adding in different obstacles (hurdles etc.) and running in different directions from week to week could help make it more interesting and prevent boredom.
- Running based games (suggestions in 'School Sessions 2') can be played if some time is left after

\*Minute game – the participants lie down with their eyes shut and stand up when they think 60 seconds has elapsed from the teacher/coach starting the time with a stop watch (good to help build time judgement skills).

## SCHOOL SESSIONS 2

WEEK	<b>STEADY</b> SCHOOL SESSION 2
1	5 mins easy/steady running + games and stretching
2	6 mins easy/steady running + games and stretching
3	7 mins easy/steady running + games and stretching
4	8 mins easy/steady running + games and stretching
5	10 mins easy/steady running + games and stretching
6	12 mins easy/steady running + games and stretching

**VENUE:**  
School

**EQUIPMENT:**  
Cones, Stopwatch (Bats, Bibs and Hurdles for Games/Relays)

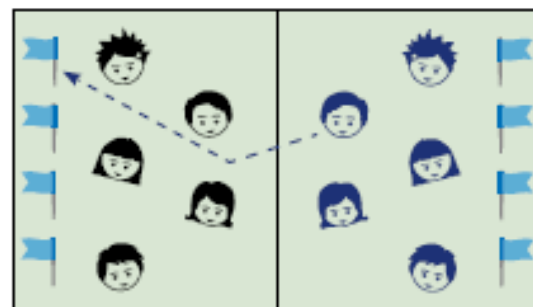
### Warm-up (5 - 10 mins)

- A separate warm-up isn't necessary as run shouldn't be physically demanding.
  - o Can be incorporated into first couple of minutes of run – make it an easier pace for first couple of minutes using different movements e.g. backwards running, skipping, running on hands and feet etc.
  - o Some light, short stretches could be done before the run if you feel it is needed.

### Session (20 - 30 mins - divided between running and games)

- Encourage groups of similar ability to run and move for the whole time.
- Pace should be easy with participants able to talk to their friends for the whole run.
  - o If they can't speak in full sentences, the pace is too fast.
- Possibly have a couple of short sprints (5secs) every couple of minutes in longer runs to keep interest.
- Finish with running-themed games after the shorter runs. Suggestions for such games are:

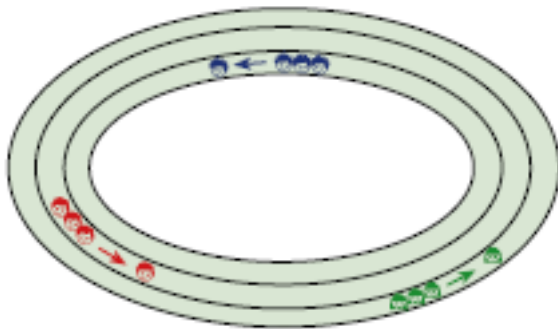
**Capture the Flag** – Place markers down dividing the field into 2 parts and split the group into two teams with one group in each half. At each end of the field have a goal with flags/bibs in it. The job of each team is to defend their flags (by tagging the other team if they cross the half way mark) while attempting to capture the other team's flags. A successful capture is if you grab the other team's flag and return it to your home base without being tagged. If you are tagged before or after you grab a flag, you must return to your own half before you try again.



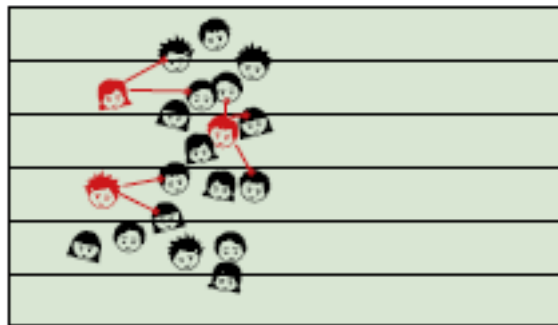


## SCHOOL SESSIONS 2 CONTINUED

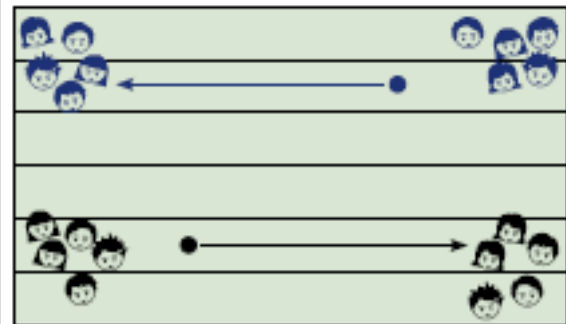
**Cat and Mouse** – Divide group into 3-6 teams and space them out equally round a circle or track. One person in each team takes a turn to run a lap before passing the baton over to the next person to do a lap. This continues until one team catches the team in front of them. Once there is a catch, start from the next person in the line, keeping score of how many catches each team gets.



**Hares and Hounds** – Mark a finish line 60-100m away from the start and have everybody jog in a line. After about 10m shout 2-3 people's names. These people then become the 'hounds' and must try and tag as many 'hares' as they can before they reach the finish line.



**Shuttle Relays** – Divide group into even teams. One person runs down to a set point before returning and passing over a baton for the next person in the team to go. The winning team is the first to have everybody run. Obstacles and different conditions (e.g. hopping, starting with a forward roll) can be added.



### Warm-down

- Finish sessions with stretching, working from head down to toe or vice-versa (see Stretches for suggestions).

### General Notes:

- Ideally run outdoors, on soft ground (grass) and in as big a space as possible to prevent boredom of 'just doing laps'
  - o Adding in different obstacles (hurdles etc.) and running in different directions from week-to-week could help make it more interesting and prevent boredom.

## RACE SKILLS SESSIONS

WEEK	<b>RUN!</b> RACE SKILLS SESSION
1	Pace Judgement (1)
2	Tactics Game
3	Speed
4	Pace Judgement (2)
5	Drafting
6	Relays

**VENUE:**

Track

**EQUIPMENT:**

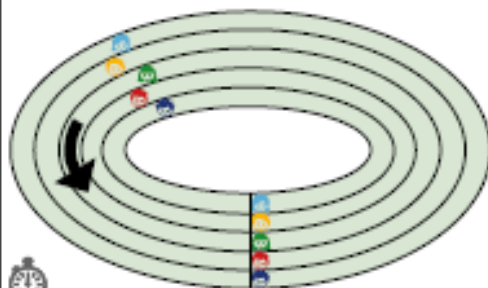

Cones, Stopwatch, Batons

**Warm-up (15 mins)**

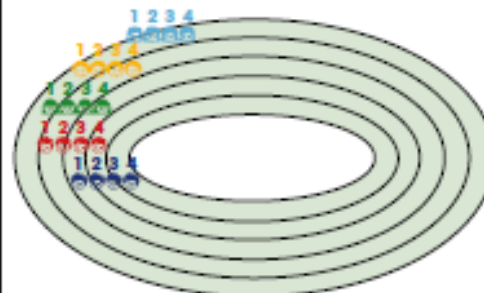
- Warm up to include some light running followed by dynamic stretching/running drills (see Running Drills for suggestions).

**Session (20 - 30 mins)**

**Pace Judgement (1)** – Aim is to get participants to think more about the speed they choose to run. The group runs twice over 2 different distances with the aim of running as close to the same times for the second run as the first. Use a recovery of 2 - 3 mins between repetitions and 10 mins between 2 distances. For example, if session is at a track run 2 x 200m with 2 mins break between them and then after an 8 - 10 mins recovery, run 2 x 400m with a 3 mins break between them. Possibly have a prize for the person who gets the closest to running the same times over the different distances. This session will probably require more than 1 person to help with time keeping if there are a lot of participants.

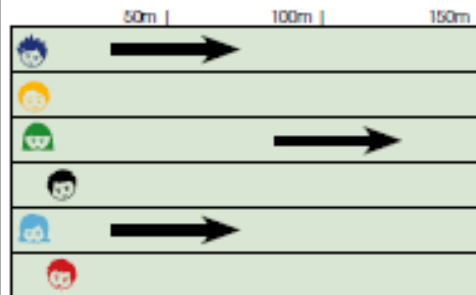


 8 - 10 MINUTES RECOVERY BETWEEN SETS

**Tactics Game** – Aim is to get participants to think about tactics and strategies as well as their own strengths (e.g. speed, endurance). In groups of 4, each person will be given a number without the rest of the group knowing who has what. The number each person has corresponds to the lap they 'control'. Each lap starts with everyone jogging as a group with the person who controls the lap able to start a race to the finish (by starting to sprint) any time he/she wants. Once a move is made, everyone can try to win with each person's position being their score for each lap. The group must come back together before the start of the jog of the next lap. Add 5 points if someone starts a race when it is not his/her lap to do so. The lowest scorer is the winner.



## RACE SKILLS SESSIONS CONTINUED

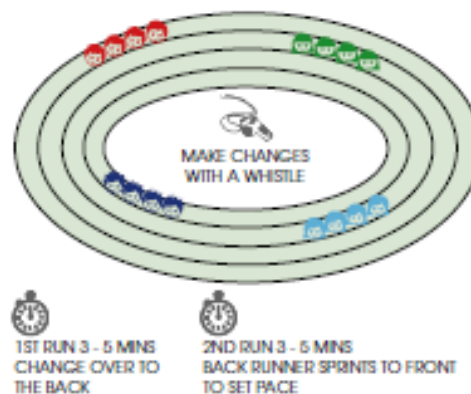
**Speed** – Aim is to emphasise that speed is also important to distance runners and to give participants the opportunity to do some sprinting. Possible session could be to start with a couple of flying 30m sprints (a gradual 20m run up into a 30m flat out sprint) focusing on good sprinting technique (tall and relaxed, high hips, good knee lift, fast arms with elbows driving back). After a 6 mins break, run 50m, 100m, and 150m with an 8 - 10mins recovery between each repetition. This could be set up as races if you wanted to add some competition for participants of similar ability.



**Pace Judgement (2)** – Aim is to improve pace judgement skills with a particular focus on running with rhythm. The group must attempt to run a given distance within specified splits times, appropriate to the ability of the group (e.g. running a 400m with a target pace of 25 secs for every 100m). Individuals who are within the target zones (a marked area 10m either side of the distance) at each specified split time during the run (signalled to the participants by a whistle), gain a point. Participants are not allowed to stop running if they have run too fast but instead must attempt to adjust their speed for the next zone. The winner of each run is the person with the most points. This can be repeated or progressed by changing the distance run, length of target zones and/or split times.



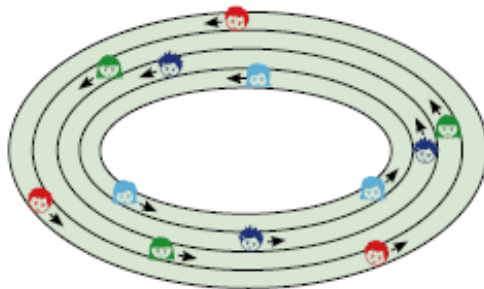
**Drafting (Team Pursuit)** – Aim is to introduce the idea of drafting in behind people when running and working like a team during a race. Have 2-4 teams starting evenly apart round the track, with each team in a line (one behind the other). At the first time of running, have each person run a set distance of your choosing at the front of team line, before moving out and going to the back of their group to leave a new pace setter who keeps running at a speed of his/her choosing. Run this for 3 - 5 mins with the condition that the whole team must stay together. The team that gets closest to the team in front is the winner. After a 5 - 10 mins break, set up the teams in the same way again. When running this time, the person at the back sprints to the front of his/her group after the set distance and then settles back down to a pace of his/her choosing. Again repeat this for 3 - 5 mins with the aim of the game being to close the distance or pass the team in front together. Any team that gets split up gets disqualified. This can be run again depending on how participants feel and the time left for the session.





## RACE SKILLS SESSIONS CONTINUED

**Relays** – Aim is to expose participants to a speed endurance type session in the guise of relays. In groups of 3, have the participants number themselves 1, 2 and 3 - 1 and 3 start at one side of the track while number 2 waits opposite half way round the track. When the race starts, the first person runs round to number 2, passes the baton for the 2nd person to start running and then waits at this changeover point. Number 2 then runs back round to number 3 and passes the baton. Continue this relay for 6 mins, getting the participants to count the number of times they run. Any run that starts before the 6 mins time limit elapses can be finished and counted. The winning team is the team that runs the most repetitions (and if tied on number of runs, the fastest time wins). This can be repeated over a different time and/or distance as well as with added obstacles.



### Warm-down (10 mins)

- Cool down to include some light running and stretching.

### General Notes:

- These sessions are an introduction to more specific skills to do with endurance running.
  - o Probably more suitable for participants who have a natural aptitude for endurance running, but can be open to all.
- Ideally organised on a weekend at a track.
- Good to have at least one qualified coach there to watch and give extra advice.
- Depending on number of coaches and demand, 1 or 2 of these sessions may be substituted for a steady 20 mins run.



## TIPS AND EXAMPLES

### Key Points for Running Technique for Endurance

- Run tall with high hips, and relatively high knee lift
- Run with relaxed shoulders and elbows driving back in a smooth, efficient action
- Run with an even rhythm to guide efficiency

### Static Stretching Examples

Stretches should be held for 10 - 15 secs at a time. Emphasise the importance of not trying to stretch past limits.

Examples of stretches for specific areas of the body are:

**Neck** – Tilt head to side so ear is toward shoulder. Then tilt up and down.

**Shoulders** – Use one arm to pull the other straight across the body.

**Back** – lying down on front with hands on the ground, push the chest up while keeping hips in contact with the ground.

**Groin** – Sitting on ground with the soles of the feet touching each other, use the elbows to push knees towards floor.

**Hamstrings** – Extending one leg out straight at a time, stretch forward towards toes.

**Quads** – Pull one foot at a time up towards the buttock.

**Calves** – Place the sole of one foot up against a wall and

### Dynamic Stretching

Dynamic stretching, as the name suggests, is controlled movement/exercise that involves a wide range of motion to stretch muscles. Each exercise should be repeated a few times.

Examples are:

**Arm circles** – Rotating the shoulders, making big circles with arms going forwards, backwards or in opposite directions. Focus should be on range of motion rather than speed.

**Back slaps** – Starting with the arms out to the side at shoulder height, slap the back with one hand then the other.

**Hip circles** – With feet stationary, make big circles with your hips in an exaggerated hula hooping action.

**Lunges** – Keeping the upper body up straight, take a step forward with 1 foot and lower the hips until both knees are bent to about 90 degrees.

**Squats** – Keeping the back straight with feet slightly wider than shoulder width apart, lower hips backwards so the weight is going more through your heels rather than your toes.

**Leg swings** – Using a partner or a wall for balance, swing one leg then the other forwards and backwards.

### Running Drill Examples

Running drills to be done over a distance of 10-15m each.

Examples are:

**High Knees** – Take short steps with knees driving high and fast while maintaining a tall, relaxed posture. Arms should still be working as if running normally i.e. in opposite leg to arm, with relaxed shoulders, elbows driving back in a 'sockets to pockets' action.

**Heel Flicks** – Similar to 'High Knees' action with heels coming up to buttocks. Knee lift might not be quite as high but important to encourage the action of knees coming out in front, parallel to floor.

**Side Skips** – Skipping sideways, swinging arms up above head in a co-ordinated action.

**Crossovers/Cariocas** – Running sideways, cross the rear leg over in front of the lead leg and then on the next step cross it behind the lead leg, while keeping the chest and head facing straight in front.

**Backwards Running** – Running backwards with heels up to buttocks and kicking out.

**Bear Crawls** – Walking on all-fours with arms moving with opposite leg.