

## **Week 1: Introduction & Speed Training**

**Focus:** Develop speed and pacing awareness

**Equipment:** Cones, stopwatch/whistle

### **Warm-up (10 minutes):**

- **Mini RAMP Warm UP**
- **Warm-up drill:** "Follow the Leader" jogging in a loop, gradually increasing pace (2 minutes)
- **Strides:** 3 x 40m strides at 60%, 70%, 80% effort (2 minutes)

### **Main Session (30 minutes):**

- **Speed Interval Relay (15 minutes)**
  - Split the class into 4 teams. Set up a 50m track using cones.
  - Each team member sprints 50m, tags the next in line.
  - Focus on keeping good form while sprinting.
  - Rest between reps while waiting in line.
  - 3 rounds per team.
- **Pace Your Race (15 minutes)**
  - Mark out a 200m loop. The aim is for each child to run 200m at their predicted 1400m race pace.
  - Time each child, then adjust the pacing goal for the next 200m if needed.
  - Discuss pacing after each round (2 rounds).

### **Cool-down (5 minutes):**

- Easy jog or walk for 2 minutes, followed by static stretches (hamstrings, quads, calves).

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## **Week 2: Endurance Training**

**Focus:** Building endurance and consistency

**Equipment:** Cones, markers, stopwatch

### **Warm-up (10 minutes):**

- **Mini RAMP Warm Up**
- **Warm-up game:** "Around the World" – Kids jog around a marked 100m loop, gradually increasing speed on each lap (3 minutes).

### **Main Session (30 minutes):**

- **Progressive Laps (15 minutes)**
  - Set out a 200m loop.
  - First lap: run at a steady pace.
  - Second lap: slightly faster pace.
  - Continue for 4-5 laps, gradually increasing pace.
  - Focus on steady breathing and maintaining form as pace increases.
- **Endurance Run (15 minutes)**
  - Mark a 400m loop and have the children run for 8-10 minutes at a comfortable pace.
  - Encourage them to maintain a steady easy pace without stopping.
  - Discuss how they feel afterward and what they found challenging.

### **Cool-down (5 minutes):**

- Walk for 2 minutes, followed by static stretching focusing on major muscle groups.

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## **Week 3: Race Tactics**

**Focus:** Strategy for cross country racing

**Equipment:** Cones, stopwatch/whistle, markers

### **Warm-up (10 minutes):**

- **Mini RAMP Warm**
- **Game:** "Fartlek Fun" – Children jog around a 200m loop, changing speeds when you blow the whistle (slow, medium, fast) (4 minutes).

### **Main Session (30 minutes):**

- **Race Starts Practice (10 minutes)**
  - Practice quick starts over 50m. Line up in small groups, and at the whistle, they sprint the first 10m and settle into a race pace for the next 40m.
  - Repeat 4 times.
- **Pack Running (10 minutes)**
  - Set out a 200m loop. Group children into packs of 4-5.
  - Each pack runs together, focusing on maintaining position and running efficiently in a group.
  - Discuss benefits of pack running for pacing and mental strength.
- **Overtaking Drill (10 minutes)**
  - Set out a 100m straight line.
  - Two children run side by side at a steady pace, and one practices overtaking after 50m.
  - Switch roles and repeat for all pairs.

### **Cool-down (5 minutes):**

- Easy jog for 2 minutes, followed by static stretching (quads, calves, hamstrings).

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## **Week 4: Obstacle Course & Race Simulation**

**Focus:** Running over varied terrain and obstacle navigation

**Equipment:** Cones, small hurdles, markers

### **Warm-up (10 minutes):**

- **Mini RAMP Warm Up**
- **Warm-up game:** "Red Light, Green Light" running with varied speeds on command (4 minutes).

### **Main Session (30 minutes):**

- **Obstacle Course Challenge (15 minutes)**
  - Set up a cross country course using small hurdles (or cones to simulate obstacles), a zigzag section, and uneven terrain (e.g., use cones to mark a wavy path).
  - Have the children run the course 3 times, focusing on smooth transitions and maintaining balance over obstacles.
- **Race Simulation (15 minutes)**
  - Mark out a 400m loop.
  - Children run 3 laps at their 1400m race pace.
  - Encourage good form, even effort, and proper pacing.
  - Use a whistle/cones/hurdles to simulate overtaking and obstacles during the run.

### **Cool-down (5 minutes):**

- Walk the course once to cool down, followed by static stretching focusing on the muscles used during the obstacle course.