

Pre-Half-Marathon Smiley Paces evening session

Objectives are for participants to

- loosen up without risk of injury
- turn over their legs at a brisk pace

Warm up:

- Slow jog to park (1 mile)
- Count participants and give each a number
- Remind them not to leave park without telling me
- Remind to keep moving (jog on spot) so as not to get cold.

Activities:	Risks / Notes to make
1. Walk / Jog (<i>focus: warm up, getting feel of area, checking all OK</i>) <i>Equipment: Whistle</i>	
<ul style="list-style-type: none"> • Participants start walking briskly around the area • Blow whistle to indicate they should change direction and jog 	a. Don't go behind me or out of hearing b. Be careful when you change direction that no one is in your way
2. Walk / Jog / Run (<i>focus: changing pace, checking all OK</i>) <i>Equipment: Whistle</i>	
<ul style="list-style-type: none"> • Participants start walking briskly around the area • Blow whistle to indicate they should change direction and jog • Blow whistle twice to indicate they should change direction and run for a count of 10 before changing back to a walk 	a. As before b. Make sure you can tell the difference between the three paces
3. Dips and Jumps (<i>focus: flexibility, strength and stretching</i>) <i>Equipment: Whistle</i>	
<ul style="list-style-type: none"> • Participants jog round area • One whistle, dip down and touch floor • Two whistles, jump up (star jump?) • Three whistles, change direction and speed (for count of 5) 	Watch out for others, particularly when coming up from dip
4. Trains back to front (<i>focus: endurance, pacing and spurt of speed</i>) <i>Equipment: Cone/markers for circuit</i>	
<ul style="list-style-type: none"> • Jog slowly around the square • The person at the back runs to the front, counts to 5 then shouts "Next" • The next person from the back runs to the front.... • Continue getting a little faster 	a. May need to divide into two groups b. Divide by even and odd numbers (from starting numbers) c. Don't go too fast! d. Always go to the outside of the circuit
5. Trains front to back (<i>focus: endurance, pacing and spurt of speed</i>) <i>Equipment: Cone/markers for circuit</i>	
<ul style="list-style-type: none"> • Jog slowly around the square • The person at the front runs to the front, counts to 5 then shouts "Next" • The next person from the front runs to the front.... • Continue getting a little faster 	a. May need to divide into two groups b. Divide by even and odd numbers (from starting numbers) c. Don't go too fast! d. Always go to the outside of the circuit
6. Pair relays (<i>focus: speed</i>) <i>Equipment: Cone/markers for lap ends, whistle for start/finish</i>	
<ul style="list-style-type: none"> • In pairs • Mark beginning and 3 different length laps • First time to longest lap, return and touch hands • both do it • Second to middle lap, return and touch hands • both do it • Third to shortest lap, return and touch hands • Both do it 	a. Be careful when turning – particularly on shortest lap b. MUST Touch hands – not slap!

7. Relay (2) (<i>focus: flexibility and speed</i>) <i>Equipment: Batons, Buckets at far end, Whistle for starting</i>	
<ul style="list-style-type: none"> • In two teams • Mark beginning and end of lap • First runner (and alternate odds) puts baton into bucket then runs back • Touch hands • Second (and alternate evens) runs and picks up baton before running back and gives baton to next in line 	<ul style="list-style-type: none"> a. Be careful when stopping to pick up or put down baton b. No throwing! c. Touch hands – not slap!
8. High Five loops (<i>focus: changing pace and speed</i>) <i>Equipment: Cone/markers for circuit</i>	
<ul style="list-style-type: none"> • In pairs • Start at any point on the circuit • Go in different directions, one running and one jogging • High 5 when meet • Turn and change to other pace back round circuit until meet again • High 5 when meet • Stop when have met 6 times 	<ul style="list-style-type: none"> a. Be careful of other runners, particularly when changing direction b. Keep your jog at a SLOW pace – you will not go as far as your partner!
9. Drills (<i>focus: flexibility and form</i>) <i>Equipment: Cone/markers for circuit</i>	
<ul style="list-style-type: none"> • Skipping with low knees • Skipping with high knees • Skipping with high knees and arms raising • Bum kicks • Bunny hops low feet • Bunny hops high feet • Sideways, then swap • Lunges • One, Two and up on Three • Vine(?) • Strides (possibly 3) 	<ul style="list-style-type: none"> a. Only one way for drill b. Walk back c. Don't overstretch d. Keeping correct form is most important thing
10. Finish and Cool down	
<ul style="list-style-type: none"> • Pick up equipment • Jog slowly back to Greystones 	<ul style="list-style-type: none"> a. Check numbers all present b. Warn not to leave without telling someone