



TEACHING "RUNNING" TO THE GIRLS

First and foremost is keep it FUN. If it isn't fun they will simply NOT want to do it :)

I do not focus on strides or form. This is very individual and changes as they grow, so best not to worry them about it.

Heart Rate: Teach the girls how to know they are working hard enough to make their hearts stronger. The heart is a muscle just like the muscles in their legs- if they don't work it hard enough it can't be strong.

Find a pulse: Your pulse is your heart rate, or the number of times your heart beats in one minute. Pulse rates vary from person to person. Your pulse is lower when you are at rest and increases when you exercise (because more oxygen-rich blood is needed by the body when you exercise).

How to take your pulse:

1. Place the tips of your index, second, and third fingers on the palm side of your other wrist, below the base of the thumb. Or, place the tips of your index and second fingers on your lower neck, on either side of your windpipe. (Taking a pulse can be hard for a lot of girls so don't spend TOO much time on it). Count the beats you feel for 10 seconds. Multiply this number by six to get their heart rate (pulse) per minute. If they find it, have them think about how they feel when standing. Have them take it again after running a hard lap. Do they notice the difference? Now teach them the RPE scale:

*For your information, but maybe too much to try and tell girls: **Target heart rate***

You gain the most benefits and lessen the risks when you exercise in your target heart rate zone. Usually this is when your exercise heart rate (pulse) is 60 percent to 80 percent of your maximum heart rate. However, this is very closely related to their perceived heart rates. See below:

(RPE) Perceived Exertion: This is the best way to teach the girls how to "feel" their heart is working. Have them stand on without moving ask "on a scale of 1-10, how hard are you working right now?" scale:

1. Sitting on sofa watching TV
2. Comfortable and moving easily and slowly
3. Beginning to breathe a little harder
4. Sweating a bit- this is the warm up zone. Can go on for a long time at this level.
5. Adults "gossip zone"- for girls, "chat zone"- they can talk to their friends while they run
6. Still in chat zone but it is a little harder to talk

This is the zone the girls should feel like they are in for their 5k and when they are working their hearts.

7. Can talk but not without some difficulty. SWEATING!
8. Can't carry on a conversation anymore. Harder to run- this is an interval zone for adults and probably where girls are when running relays or faster. This is the pace for them to run short distances to practice working their hearts, but this is not the pace they would run the 5K.
9. Way hard. Slow down! :)
10. Being chased by a bear!

Drills to help with warming up their legs and bodies:

- High Knees**
- Toy Soldier**
- Hockey Sack**
- Butt Kicks**
- Happy Feet**
- Walk like a duck**
- Walk like a penguin**