

Welcome to KIDS RUN™

Kids Run is a youth running program sponsored by the Orange County Marathon Foundation. Kids Run is designed to help kids of all ages have fun while running, getting fit and learning healthy eating behaviors. The Kids Run Activity Cards include a combination of fast-paced aerobic games and structured running activities. The 10-week schedule of two, 30–45 minute training sessions per week helps kids develop the three parts of health-related fitness: aerobic endurance, muscular strength, endurance and flexibility, and a healthy body composition. Kids Run introduces kids to age-appropriate, yet challenging physical activity motor skills and movement concepts. Kids Run activities also build confidence, self-discipline and genuine self-esteem while reinforcing important social skills in an environment of cooperative play and achieving a personal best rather than all out competition. Kids join the program through participating schools or community youth organizations and are led through the training program by a trained, Kids Run coach. By the end of the 10-week program, participants will have accumulated the equivalent of 25 miles of running activity. They then have the

opportunity to complete a final (26th) mile in the Kids Run Event held in conjunction with The OC Marathon events.

Kids Run Training Program consists of a 10-week, 20 session schedule of two, 30–45 minute practices per week. Kids Run training activities are divided into three, age appropriate grade level sections: K–2; 3–5; and 6–8. Each grade level section consists of 20 Schedule & Activity Cards. Each week, a new activity is introduced and used during the 2 practice sessions. Each Activity Card guides the coach through a 4-part practice session of: 1) Warm-up; 2) Moderate-to-Vigorous Physical Activity (MVPA); 3) Nutrition Challenge; and 4) Cool Down, Stretching & Closure. Children participating in the Kids Run Program must be registered with the www.kidsrun.org program, free from injury or illness and cleared for participation by a parent and/or guardian prior to the first practice.

For more information about Kids Run, visit www.kidsruntheoc.org.



Ten Commandments for KIDS RUN Coaches

1. Be Prepared—review Activity Card, get equipment and set-up Activity Zone before kids arrive.
2. Set Boundaries & Routines—establish Activity Zone area and standardize start and stop signals.
3. Get Movin’—encourage all kids to join in and start warm-up activities right away.
4. When Before What—say the “when” before the “what” (“When I say go, form teams of 5”).
5. 30 Second Rule—Limit directions and cues to 10–30 seconds each.
6. Work the Perimeter—Supervise, direct and give cues from the perimeter of the Activity Zone.
7. Keep it Simple—Tell kids what you want to see and hear. Praise them when you see and hear it.
8. Hydrated is Healthy—schedule a water break for every 15–20 minutes of activity.
9. Healthy Eating Counts—make time for the Nutrition Challenge.
10. Closure—use the end of each training session to give and get feedback, praise and inform.

Schedule of Activities and Glossary

Day 1				
Week	Activity #	Activity K-2	Activity 3-5	Activity 6-8
1	1	Dodge & Run	Dodge & Run	Buddy Run
2	3	Simon Says	Pace and Stride	Pace and Stride
3	5	Follow the Leader	Follow the Leader	Follow the Leader
4	7	Frog Hops	Frog Hops	Monster Hops
5	9	Wacky Run	Wacky Run	Speed Relays
6	11	High Fives	High Fives	High Fives
7	13	Blob Tag	Elbow Tag	Elbow Tag
8	15	KidsFit Relay	KidsFit Relay	KidsFit Relay
9	17	Horse Tails	Horse Tails	Horse Tails
10	19	Jumping Jack Shuffle	Jumping Jack Shuffle	Curl Up Shuffle

Day 2				
Week	Activity #	Activity K-2	Activity 3-5	Activity 6-8
1	2	400/800 Run	600/1000 Run	800/1600 Run
2	4	Animal Tag	Animal Tag	Zombie Tag
3	6	Leapin' Lizzards	Leapin' Lizzards	Leapin' Lizzards
4	8	KidsFit Stations	KidsFit Stations	KidsFit Stations
5	10	Ladder Leader (or 1 Mile Timed Run)	Ladder Leader (or 1 Mile Timed Run)	Ladder Leader (or 1 Mile Timed Run)
6	12	KidsFit Tag	KidsFit Tag	KidsFit Tag
7	14	Mini Relay	Mini Relay	Mini Relay
8	16	KidsFit Challenge	KidsFit Challenge	KidsFit Challenge
9	18	Tap 'em All	Tap 'em All	Tap 'em All
10	20	Leaping Ladders (or 1 Easy Mile and Event Day Talk)	Leaping Ladders (or 1 Easy Mile and Event Day Talk)	Leaping Ladders (or 1 Easy Mile and Event Day Talk)

Glossary and Key Activity Info

A number of **KIDS RUN** program cards may have terms and activity equipment that a new coach may not be familiar with. Below is additional information to help you understand. Please contact your KIDS RUN contact if you have additional questions.

- **KidsFit Cards**- KidsFit Cards are an economical option to the Fit Spots and can be used on the ground or on cones in order to direct kids in their activities. KidsFit Cards can be found in the end of your packet of Kids Run Activity Cards.
- **Stretching Stations**- Stretching Stations can be used during the cool down & closure portion of your workout. #1-15 can be printed on the website
- **Fit Spots/Cardio Spots** – Fit/Cardio Spots are durable 9” diameter vinyl spots with an exercise depicted on top.
- **Place Markers** – The term Place Marker can be used for activity zone boundaries or location within activity. They can be Poly Spots, Bean Bags, cones, scarves, etc.
- **M.V.P.A** – Moderate to Vigorous Physical Activity is the intensity in which your students should be participating.
- **Agility Ladder** – An agility ladder can be laid out flat on the ground and can be used to step quickly between the flat nylon “rungs” to help with agility.
- **Pacing** – Probably one of the hardest things for children to learn, “pacing” is to maintain a speed that will allow them to sustain the quickest pace throughout the distance.
- **1 Mile Timed Run and Event Day Prep** – In Week 5, day 2 and Week 10, Day 2 (final day before “Final Mile”), we have given an option to run a mile instead of the activity that uses an Agility Ladder. Many coaches will want to use the Week 5 Timed Mile to chart progress and the final session can include an EASY mile run with a conversation about what to expect on Race Day. At this time, you can discuss getting there early, and reminders regarding bib and pins, shoe tag, pacing, running etiquette, chutes to reunite parent/child with bib pull-tag and lost children.