



- 🕒 1 weekly coached session (1 hour)
 - 🏠 2 optional at-home sessions (20–30 minutes each)
 - 🧑 Target Age: 8–10 years
 - 🎯 Goal: Confidently run 1000m by Week 6, with good pacing and enjoyment
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🏠 Training Structure

📅 Each Weekly Coached Session (60 minutes)

Component Duration Activities

Warm-Up 10 mins Dynamic stretches, arm swings, high knees, light jog

Skill Work 10 mins Running drills (skipping, strides, posture, pacing games)

Main Set 25 mins Intervals, relays, distance practice

Fun Finish 10 mins Running games: tag, relays, timed loops

Cool Down 5 mins Walking, breathing exercises, stretching

🏠 Optional At-Home Sessions (2x/week)

- Duration: 20–30 mins
 - Focus: Reinforce aerobic base, form, and confidence
 - Activities:
 - Jog 200–600m with walk breaks
 - Run/walk loops around home/park
 - Short sprints (50–100m)
 - Simple bodyweight exercises (squats, lunges, planks)
 - Games like relays, treasure hunts, and "beat your time"
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6-Week 1000m Plan

Week	Focus	Coached Main Workout	At-Home Goals
1	Baseline & Form	3x200m + relay game + intro to pacing	2x 200m jog + light body movement
2	Building Endurance	2x300m + 2x200m (easy pace) + tag game	1x300m jog + 1x400m walk/run combo
3	Mid-Distance Comfort	2x400m + cone relay	400m steady jog + 100m sprint (x2)
4	Pacing & Recovery	1x500m, rest, then 1x300m + team relay	500m jog with short breaks
5	Near Distance Effort	1x700m continuous run + pacing challenge	600m jog + 100m sprint + core work
6	1000m Test & Fun	Warm-up → 1000m continuous run → celebration game	Optional: light jog or rest

Key Concepts to Teach

- Pacing: Teach kids not to sprint the start — steady is better
- Effort awareness: “Can you talk while running?” is a good sign of pacing
- Form basics: Relaxed arms, upright posture, smooth breathing
- Confidence: Encourage progress, not speed

Tips for Success

- Use cones, chalk, or safe trails to mark distances
- Keep sessions playful—not serious training
- Celebrate every milestone (e.g., first 500m, first 700m!)
- Mix in games: obstacle runs, relays, team goals
- Encourage water and snacks after running