



U8 500m 6 Week Plan

Coached Session (1 Hour, Once a Week)

Component	Time	Activity
Warm-Up	10 min	Dynamic stretches, arm circles, leg swings, light jogging
Skill Work	10 min	Fun drills (high knees, butt kicks, skipping, balance drills)
Main Workout	25 min	Interval runs, relay games, pacing activities
Mini Challenge	10 min	Short timed run (build from 200m to 500m) or tag-based game
Cool Down	5 min	Walking + stretching, breathing exercises

At-Home Sessions (Optional x2 per Week)

- Duration: 20–30 mins
- Encourage family participation

At-Home Session Example A: Conditioning + Fun

- 5-min warm-up jog + stretch
- 3x100m jog/run (rest 60 sec)
- 3 rounds:
 - 10 squats
 - 10 jumping jacks
 - 20-sec plank
- Run around the yard/block for 3–5 mins at easy pace
- Cool down + stretch

At-Home Session Example B: Running Game

- Warm-up: Light jogging, stretches
- Mark out ~50m in the yard or park
- Do relays, races, or timed intervals:
 - 5x50m sprints (with 30s walk between)
 - 3x100m at steady pace
- End with a "family challenge run" (timed or fun)



6-Week Plan Overview

Week Focus		Coached Session (Main Workout)	At-Home Goals
1	Build Base + Form	4x100m jog/run with walk breaks	Learn warm-up, 2x short runs
2	Endurance & Pacing	3x150m runs at steady pace + relay game	Run 200m without stopping
3	Speed & Form	Sprint relays + 2x200m at easy pace	Try 300m slow run
4	Confidence & Distance	2x250m runs + fun challenge race	Run 400m at any pace
5	Almost There!	1x300m + 1x200m with pacing and recovery	Run 400m strong, try a 100m sprint
6	Practice Full 500m	Full 500m test run + celebration game	Light jog, fun recovery walk or play

Tips for Success

- Keep it **fun**! Use games like tag, obstacle courses, or chase.
- Encourage **hydration** and **stretching** before/after.
- Always watch for signs of fatigue—this should be joyful, not gruelling.
- Celebrate milestones with stickers, small prizes, or a chart!