

Week #1



Day 1 & 3: Running Games for 20 minutes

Activity	Description	Count
Count and Move Practice the basics of walking, running slowly and running quickly while also practicing counting. Tip: depending on how old your child(ren) are, reduce or increase the number you count to. Tip: During the rest time, encourage your children to drink water, and shake out their legs and arms,	Count to 10 three times. The first time, count to 10 while walking 10 steps. The second time, count to 10 while running 10 steps slowly. The third time, count to 10 while running 10 steps quickly REST for One Minute Count to 20 three times. The first time, count to 20 while walking 20 steps. The second time, count to 20 while running 20 steps slowly. The third time, count to 20 while running 20 steps quickly	Repeat for 10 minutes

Whistle and Move

Use a whistle (or say GO) to practice alternating between walking, running slowly and running quickly.

Tip: During the rest time, encourage your children to drink water, and shake out their legs and arms,

Blow the whistle once (or say GO) - walk for 30 seconds.	Repeat for 10 minutes
Blow the whistle twice (or say GO twice) - run at a slow pace for 30 seconds. Blow the whistle once (or say GO) - walk for 30 seconds.	
Blow the whistle three times (or say GO 3x) - run at a fast pace for 30 seconds. REST for One Minute Blow the whistle once (or say GO) - walk for 45 seconds. Blow the whistle twice (or say GO twice) - run at a slow pace for 45 seconds. Blow the whistle once (or say GO) - walk for 45 seconds. Blow the whistle three times (or say GO 3x) - run at a fast pace for 45 seconds.	

Day 2 & 4: Running Games for 20 minutes

Activity	Description	Count
Musical Laps Make a playlist of songs with varying tempos. Slow songs will indicate the children should walk, medium pace songs for a medium running pace and a fast song for a fast pace. Activity can be done as laps or in a straight line out and back. Tip: Start and stop the songs at random to "catch" any children not in a freeze position.	Start the playlist. Children have to walk, run slowly or run quickly depending on the tempo of the song being played. As the tempo of a song changes, the tempo of the running changes. When the music stops, children have to freeze in place.	Repeat for 10 minutes
Solve The Puzzle Put clues into numbered envelopes and place at various locations away from "home base". Tip: The difficulty of the puzzle will depend on the age of the runners. For example, clues to the answer "elephant" might be (1) big (2) gray (3) tusks and (4) Africa.	Start at home base. When the whistle blows, runners run to retrieve the envelopes and bring them back to home base, one at a time. Once all the envelopes are retrieved, the runners work together to solve the puzzle..	Repeat for 10 minutes

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