



SCHOOL
RUN

WORKOUT PLAN

Workout goal

To turn the school run into an actual run. Have some fun with your little ones by completing this easy to use interactive interval run program

Workout description

Run 10 times with your child. Everytime you stop you'll rotate around a series of basic fun exercises. Every 3 exercises your child gets a rest - they have got a tough day at school ahead you know

How long?

Will depend on how far you live from school

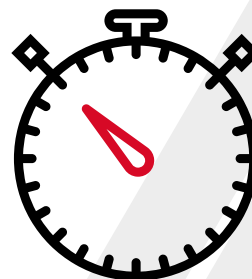
Safety brief

Warm up properly before you start.

Whilst getting ready for school complete 10 each of the mobilisers below

Get ready

Touch the floor, then stand up tall	x10
Side shuffle from one side of your bedroom to the other	x10
Upper-body torso rotation	x10



THE WORKOUT

What to do

Think about the distance from home to school. Roughly divide the distance into 10.

Great opportunity for some Maths practice e.g. If school is 2km away, your goal is to run 200m every time.

Every time you complete 1/10th the distance you stop for an exercise.

How to do it

You may need to amend below dependent on both the adult and child's ability and fitness.

The main idea is to have some fun and be safe. If it's getting too tough, just stop and

maybe try to go a step further next time around.

See workout exercise plan on page 2 >

	Set	Exercise	How many?	How many times?	Design	Notes
Workout	1	Run 1				Opportunity for a chat
	2	Jumping Jacks	50	1	Do them together	Encourage each other if one is faster
	3	Run 2				Opportunity to discuss homework/teachers etc.
	4	High knees	10	2 each	Adult first, child second	Whoever is not exercising can hold hands out as targets
	5	Run 3				
	6	Adult Squats	10	1	Child rests	If you're feeling strong, do your squats whilst giving your child a fireman's lift/piggy back
	7	Run 4				Discuss lunch, tea tonight, hydration through the day
	8	Skips	50	1	Do them together	Imaginary skipping rope unless you want to bring one
	9	Run 5				
	10	Link arms circle	10	2	One set clockwise, one anti	Careful not to get dizzy!
	11	Run 6				
	12	Adult Burpees	10	1	Child rests	Child claps your hands at the top
	13	Run 7				Opportunity to discuss hobbies/clubs or sports activities
	14	Side Ski Jumps	50	1	Do them together	Bigger the better
	15	Run 8				
	16	Sit up/balancing twist	10	2	Face each other	Complete a set and have a quick rest
	17	Run 9				
	18	Squat Jumps	20	1	Child rests	Come on adults...HIGHER
	19	Run 10				Opportunity to discuss your workout together
	20	Windmill	50	1	Face each other	Lots of rotation
Cooldown	Take 2 minutes to have a walk around the school gates and feel free to discuss with other parents.					
Stretch	Adult and child partner stretches. Fronts of legs. Lower back and backs of legs. Calves.					
Signposting	Use our CORE app to view more workout plans, 10 minute workouts and class timetables					