SUGGESTED PROGRAM STRUCTURE

RUNACTIVE

Structure for each session comprises the following components

- Warm Up
- Fun Game
- Speed and Strength
- Endurance
- Active Game
- Cool Down
- Closure and Reflection

Out of session activities

- Additional Home Based Sessions x 8
- Recommended that the program is delivered over 8 sessions
- Recommended that the session duration is 45 - 50 minutes
- Program has an emphasis on increasing aerobic capacity: 'running fitness transferable to all sports'.

Supporting Research

Pate & Greene (2014) argue that there is little benefit to intense distance training in young students, but fun activities that develop an enjoyment of training have long term health and performance benefits.

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