

SOUL&SPORT

LONG DISTANCE RUNNING WITH THE OPTION OF A RELAY RACE

WARM UP

WARM UP

**COOL
DOWN**

**OPTIONAL
OVERVIEW**

SESSION 1

**THE IMPORTANT
OF STRETCHING**

Students will learn the importance of stretching, learn basic stretches and how to carry out the stretches.

SESSION 2

CONDITION I

Developing physical fitness.

SESSION 3

AQUA RUNNING I

The development of fitness through aqua running.

SESSION 4

AQUA RUNNING II

The development of fitness through aqua running. This session can also be carried out on dry land.

SESSION 5

CONDITION II

Developing physical fitness as a class.

SESSION 6

**BASIC PHYSIOLOGICAL
AND INJURIES FROM
RUNNING**

Teach students the basic knowledge on how the muscles work when we run and the injuries which can occur.

SESSION 7

CONDITION III

The development of the aerobic system through running.

SESSION 8

RELAY RACE

The development of fitness through relay races.

SESSION 9

FITNESS TESTS

Examples of fitness tests which can be carried out before and after training sessions.

3. LONG DISTANCE RUNNING WITH THE OPTION OF A RELAY RACE



STAFF

1 experienced teacher/trainer

DURATION OF THE SESSION

15 minutes

EQUIPMENT

sportswear
If needed: Google + Printer

1 LIVE DIFFERENT

2 ORIENTEERING

4 QUICK PICK

WARM UP

Warm-up before doing sports

Possible Target Groups for this Session

› Students with and without disadvantages who are in a bad conditional state

› Students with and without disadvantages who are in a advanced conditional state

› Students with and without disadvantages who are in a good conditional state



15 minutes

WARM UP

REMARK: Warm-up and cool down activities should be done before and after each training session.

①

MOVE YOUR BODY

5 minutes of moving your body for example, running, skipping.

②

STRETCHING EXERCISES

Students carry out all the stretches opposite with the teacher and then with their peers:

- › Hamstring
- › Adductor's
- › Quadriceps
- › Stomach
- › Hip flexors



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15 Minutes

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4 QUICK PICK

COOL DOWN

Cool-down after doing sports

Possible Target Groups for this Session

› Students with and without disadvantages who are in a bad conditional state

› Students with and without disadvantages who are in a advanced conditional state

› Students with and without disadvantages who are in a good conditional state



15 minutes

COOL DOWN

①



Lift the leg onto a chair or stable object off the ground. Place the ankle onto the object. With a straight leg, lean forwards towards the raised leg.

Hold for 10 seconds. Do this twice on both sides.

②



Sitting down, place your feet together, knees out to the side. Place your elbows onto your knees and apply pressure gently.

If you have difficulties in feeling the tension, bring your feet closer to the body.

③



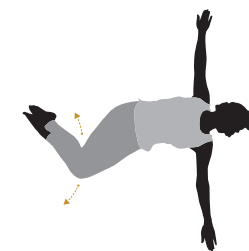
Bring your ankle up towards you glute muscle. Knees together, gently push the hips forwards. You should feel a stretch in the thigh muscle (quadriceps).

④



Sitting on the floor with legs out straight, bend one leg over the other, with the foot flat on the floor. With the opposite arm, pull the bent knee towards the body. You should feel a stretch in the glute muscles.

⑤



Lying down on your back, with legs bent, arms out to the side, slowly take the knees over to the left side and hold for 10 seconds, change to the right and hold for 10 seconds.

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STAFF

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DURATION OF THE SESSION

60 Minutes

EQUIPMENT

Sportswear
If needed: Google + Printer

1 LIVE DIFFERENT

2 ORIENTEERING

4 QUICK PICK

SESSION 1 > THE IMPORTANCE OF STRETCHING ACTIVITIES

In this session the students will learn about the importance of stretching, learn some basic stretches for long distance running and actively conduct these stretching exercises.

Possible Target Groups for this Session

› Students with and without disadvantages who are in a bad conditional state

› Students with and without disadvantages who are in a advanced conditional state

› Students with and without disadvantages who are in a good conditional state



10 minutes

WARM UP

For more details check the Warm Up session at the beginning.



10 minutes

TEACHING THE IMPORTANCE OF WARMING UP BEFORE RUNNING

- › The teacher/trainer shall teach the young people the importance of warming up the body in preperation for running, via a short lecture (teacher-centered teaching).
- › The teacher can use various materials that he/she already possesses. Many videos about warming up can be found on You Tube.



25 minutes

SHOW VARIOUS WARMING UP EXERCISES

VISUAL INSTRUCTION:

The teacher/trainer demonstrates the drills below and then the students carry out 3 times over a 10 metre distance:

- › High knees
- › Skipping
- › Hopping
- › Side steps
- › Strides

REMARK: the teacher/trainer can use pictures of the different exercises.

(To get these pictures one just needs to google the subject stretching exercises. Afterwards the teacher/trainer can choose the ones he/she wants to use in his/her training course accordingly to the needs of the target group).



25 minutes

CARRYING OUT STRETCHING EXERCISES

Students conduct the stretching exercise that they have learnt to a group. 5 stretches each.

Ensuring the muscles in the legs, arms and trunk are stretched.



10 minutes

COOL DOWN

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STAFF

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trainer

DURATION OF THE SESSION

60 minutes

EQUIPMENT

running shoes,
sportswear, stopwatch
and track to conduct
running

1 LIVE DIFFERENT

2 ORIENTEERING

4 QUICK PICK

SESSION 2 > CONDITION I

This session develops fitness in the students.

Possible Target Groups
for this Session

› Students with and without
disadvantages who are in a bad
conditional state

› Students with and without
disadvantages who are in a
advanced conditional state



10 minutes

WARM UP

*For more details
check the Warm
Up session at the
beginning.*



5 minutes

INTRODUCTION

The teacher/trainer explains that this.

①

Discuss how the running exercises
are going to help the students
develop physically and mentally.



55 minutes

DEVELOPING FITNESS

Description of the test

①

Students slowly start to
jog short distances and
then walking the same
distance. An example
would be 100m jog,
100m walk X 10.

②

Students can motivate
and support each other
through running as a
group.

③

The teacher/trainer
records the time
and distance of each
student.

Each week the students
have to increase the
time and distance.

REMARK: In the end of the training this time could be used as an indicator to
evaluate the progress of the young people



10 minutes

COOL DOWN

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STAFF

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DURATION OF THE SESSION

60 minutes

EQUIPMENT

Swin wear and
swimming pool

1 LIVE DIFFERENT

2 ORIENTEERING

4 QUICK PICK

SESSION 3 > AQUA RUNNING I

The developemnt of fitness through aqua running

Possible Target Groups
for this Session

› Young people with and without
disadvantages who are in a bad
conditional state

› Young people with and without
disadvantages who are in a
advanced conditional state



10 minutes

WARM UP

*For more details
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5 minutes

CLASS DISCUSSION

The teacher describes what aqua
running is and how it can improve the
students fitness.

Aqua running will add a different type
of training for the student.



50 minutes

AQUA RUNNING

ABOUT AQUA RUNNING

- › Teach the stidents the basics about aqua running.
- › Students try to run across the pool. 5 widths, rest after each width.
- › Students run on the spot for 1 minute x 3. 1 min rest between each effort.

AQUA RUNNING

Aqua jogging to continuing the process of building up of the physical condition.



10 minutes

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SOULESPORT

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3. LONG DISTANCE RUNNING WITH THE OPTION OF A RELAY RACE



STAFF

1 experienced teacher/
trainer

DURATION OF THE SESSION

60 minutes

EQUIPMENT

running shoes,
Sportswear, Stopwatch
(in case you have you could
also use a monitor that shows
the time), Track to conduct
running

- 1 LIVE DIFFERENT
- 2 ORIENTEERING
- 4 QUICK PICK

SESSION 4 > AQUA RUNNING II

Development of fitness through aqua running. This session can be also carried out on dry land

Possible Target Groups
for this Session

› Students with and without
disadvantages who are in a bad
conditional state

› Students with and without
disadvantages who are in a
advanced conditional state

› Students with and without
disadvantages who are in a good
conditional state



10 minutes

WARM UP

*For more details
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20 minutes

AQUA RUNNING

METHOD 1 RUNNING IN INTERVALS I

10 minutes

- › Running for 1 minute, followed by 1 minute walking+
- › Repeat this exercise several times within 10 Minutes
- › The time of the running phase increases each week to develop the students fitness

METHOD 2 RUNNING IN INTERVALS II

10 minutes

- › Sprinting, followed by a short break
- › One has to repeat this exercise several times within 10
- › 10 - 20 second effort x 10

METHOD 3 RUNNING TILL YOU ARE EXHAUSTED

10 minutes

- › Continuing running till you are exhausted
- › Run at 80% effort for as long as possible. Record the time. Try and beat the time each week



20 minutes

TRAINING SCHEDULE

How do I make a training schedule for my own use:

- › The teacher/trainer points to the importance of a training schedule to conduct a "professional" training;
- › There are many apps about training schedules available. Students can download one of these apps.
- › Afterwards the students show their teacher/trainer which app they have chosen. The teacher will evaluate the app to give feedback on the choice of app.



10 minutes

COOL DOWN

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STAFF

1 experienced teacher/
trainer

DURATION OF THE SESSION

60 minutes

EQUIPMENT

running shoes, sportswear
and stopwatch

1 LIVE DIFFERENT

2 ORIENTEERING

4 QUICK PICK

SESSION 5 > CONDITION II

Developing fitness as a class

Possible Target Groups
for this Session

› Students with and without
disadvantages who are in a
advanced conditional state

› Students with and without
disadvantages who are in a good
conditional state



10 minutes

WARM UP

*For more details
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Up session at the
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60 minutes

RUNNING SHORT-MIDDLE DISTANCES

Continuing with building up the physical condition by running short - middle distances

› Students run 1000m continuously and their time is recorded. They try and beat their time on the second attempt.

› Students can run with their peers on the second attempt who are running the same time as each other.

REMARK: If you want to have some variety, you can choose different environments to go running (forests, streets, mountains, etc.).



10 minutes

COOL DOWN

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DURATION OF THE SESSION

60 minutes

EQUIPMENT

(Scientific) books about
the basics of physiology,
Pictures, Model of a human
skeleton (if available)

- 1 LIVE DIFFERENT
- 2 ORIENTEERING
- 4 QUICK PICK

SESSION 6 > THE MUSCLES IN THE HUMAN AND THE DANGERS OF RUNNING

The aim of this session is to teach the students basic knowledge on how the muscles work when running and the injuries which could occur

Possible Target Groups
for this Session

› Students with and without
disadvantages who are in a bad
conditional state

› Students with and without
disadvantages who are in a
advanced conditional state

› Students with and without
disadvantages who are in a good
conditional state



10 minutes

WARM UP

*For more details
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60 minutes

LONG DISTANCE RUNNING

①

Introduction into the physiology of
the human body: students look at the
major muscles for running and learn
their names:

- › Glutes
- › Hamstrings
- › Quadriceps
- › Soleus
- › Deltoids
- › Hip flexors

If available one could use a model
of a human skeleton in or pictures
of people doing sport. Here it is
important that the pictures are
suitable for this.

②

Students look up common injuries
from running on the Internet or out of
books:

- › Shin splints
- › Tight muscles
- › Sprains
- › Strains

③

The teacher discusses the preventions
of injury:

- › Correct warm up
- › Correct cool down
- › Correct footwear
- › Poor conditioning
- › Poor technique

*For more details
check the Cool
Down session at the
beginning.*



10 minutes

COOL DOWN



EXAMPLE 1
Stretching of muscles
in the upper leg is
important to prevent
muscle injuries.

EXAMPLE 2
Stretching of lower
leg is important to
prevent shortening of
muscles of the calf.



REMARK: depending on the knowledge and ability of the group, will depend on how much information is given and the speed the information is given out.

SOULESPORT

LONG DISTANCE RUNNING WITH THE OPTION OF A RELAY RACE

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Examples of fitness tests which can be carried out before and after training sessions.

3. LONG DISTANCE RUNNING WITH THE OPTION OF A RELAY RACE



STAFF

1 experienced teacher/trainer

DURATION OF THE SESSION

60-90 minutes

EQUIPMENT

running shoes, Sportswear, Stopwatch (in case you have you could also use a monitor that shows the time), Track to conduct running. If wanted: Shirts in different colors

1 LIVE DIFFERENT

2 ORIENTEERING

4 QUICK PICK

SESSION 7 > CONDITION III

Development of the aerobic system through running

Possible Target Groups for this Session

› Students with and without disadvantages who are in a advanced conditional state

› Students with and without disadvantages who are in a good conditional state



10 minutes

WARM UP

For more details check the Warm Up session at the beginning.



60-90 minutes

RUNNING LONG DISTANCES

Continuing with building up the physical condition by running long distances

①

The students shall run long distances to continue with building up their fitness. Over 1000 metres.

②

As the fitness condition of the students differ, the trainer/teacher need to split the groups into a similar fitness level. Through this the motivation of the students can be upheld and the inclusion of the whole the group will take place.

③

A set distance of over 1000m is measured and the student run this distance.

The teacher/trainer records the time of each student.

REMARK: to strengthen their sense of belonging towards the group the different groups could wear shirts in different colors.



10 minutes

COOL DOWN

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3. LONG DISTANCE RUNNING WITH THE OPTION OF A RELAY RACE



STAFF

1 experienced teacher/trainer

DURATION OF THE SESSION

60 minutes

EQUIPMENT

running shoes, sportswear, stopwatch, batons and track to conduct running.

1 LIVE DIFFERENT

2 ORIENTEERING

4 QUICK PICK

SESSION 8 > RELAY RACE

The development of fitness through relay races

Possible Target Groups for this Session

› Students with and without disadvantages who are in a bad conditional state

› Students with and without disadvantages who are in a advanced conditional state

› Students with and without disadvantages who are in a good conditional state



10 minutes

WARM UP

For more details check the Warm Up session at the beginning.



60 minutes

RELAY RACE

The teacher/trainer divides the group into 3 - 4 teams, with an equal mixed of abilities in each team.

Students run a set distance of around 100m to 400m before passing the baton to the next runner in their team. Once each student has ran the time is recorded by the teacher.

- › Options for the relays
- › Collect beanbags
- › Run twice or three times before stopping
- › Run over hurdles

REMARKS:

- › Running a race against the others shall foster the motivation of the young people
- › Running a race against the others shall foster fair play as cheating is not allowed
- › Furthermore the young people should learn how to behave as a winner (fair play) and how to handle defeats after they have lost



10 minutes

COOL DOWN

For more details check the Cool Down session at the beginning.

SOULESPORT

LONG DISTANCE RUNNING WITH THE OPTION OF A RELAY RACE

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STAFF

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DURATION OF THE SESSION

60-90 minutes

EQUIPMENT

running shoes,
Sportswear, Stopwatch
(you could also use a monitor
that shows the time), Track to
conduct running.
If wanted: Training apps

SESSION 9 > FINAL FITNESS TESTS

Examples of fitness tests which can be carried out before and after training

Possible Target Groups
for this Session

› Students with and without disadvantages who are in a bad conditional state

› Students with and without disadvantages who are in a advanced conditional state

› Students with and without disadvantages who are in a good conditional state



10 minutes

WARM UP

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60-90 minutes

FITNESS TEST

There are several methods that could be used for the final evaluation

POSSIBILITY 1 COOPER TEST

Using the cooper test (Cooper VO2 max Test) to evaluate the improvement in the students, from carrying out the sessions.

POSSIBILITY 2 USE THE TRAINING APPS

Online Apps (see Session 5b) can help to provide a baseline fitness level of the students before and after carrying out the sessions in this kit.

POSSIBILITY 3 REPEAT SESSION 3

Repeat session 3 to compare the times that were achieved in week 3 to now. In order to evaluate the progress of the students.

REMARKS:

- › the teacher/trainer needs to know how to conduct the Cooper test;
- › for further information you can visit: www.brianmac.co.uk/gentest.htm [14.06.2016].



10 minutes

COOL DOWN

For more details
check the Cool
Down session at the
beginning.

1 LIVE DIFFERENT

2 ORIENTEERING

4 QUICK PICK

SOULESPORT

LONG DISTANCE RUNNING WITH THE OPTION OF A RELAY RACE

OPTIONAL OVERVIEW

WARM UP

**COOL
DOWN**

**OPTIONAL
OVERVIEW**

SESSION 1

**THE IMPORTANT
OF STRETCHING**

Students will learn the importance of stretching, learn basic stretches and how to carry out the stretches.

SESSION 2

CONDITION I

Developing physical fitness.

SESSION 3

AQUA RUNNING I

The development of fitness through aqua running.

SESSION 4

AQUA RUNNING II

The development of fitness through aqua running. This session can also be carried out on dry land.

SESSION 5

CONDITION II

Developing physical fitness as a class.

SESSION 6

**BASIC PHYSIOLOGICAL
AND INJURIES FROM
RUNNING**

Teach students the basic knowledge on how the muscles work when we run and the injuries which can occur.

SESSION 7

CONDITION III

The development of the aerobic system through running.

SESSION 8

RELAY RACE

The development of fitness through relay races.

SESSION 9

FITNESS TESTS

Examples of fitness tests which can be carried out before and after training sessions.

3. LONG DISTANCE RUNNING WITH THE OPTION OF A RELAY RACE



STAFF

1 experienced teacher/trainer

DURATION OF THE SESSION

60 minutes

EQUIPMENT

short film: select a) a short film that you already have or b) select one from the list: - The Science of Marathon Running (Youtube); - The Jogging: DCC Associated Sport Films (Youtube); - Stop! Look! Listen!; - Running Tutorial (Youtube) - Running for Beginners. Ten tips for a better running experience (Youtube).
Laufen ABC [in German], blackboard/Whiteboard, document: scheme of sessions

OPTIONAL OVERVIEW

The students shall have an overview about the whole unit

Possible Target Groups for this Session

› Stuentns with and without disadvantages who are in a bad conditional state

› Stuentns with and without disadvantages who are in a advanced conditional state

› Stuentns with and without disadvantages who are in a good conditional state



35 minutes

BASIC KNOWLEDGE

Teaching of some basic physiological knowledge and some basic knowledge about running (over long distances)

①

Watch a short film about running (see list to the left) about basic running knowledge.

②

During the film the students should take notes on what is reccomended.

③

Afterwards the young people will discuss what they have just learnt.

REMARK: try and keep the discussions clear and simple. Add more depth depending on the class ability and experience.



25 minutes

PRESENTATION

Presentation of the unit (incl. its sessions)

①

Use the document "Scheme of Sessions" to talk about the unit overview.

②

The teacher uses a blackboard/ whiteboard to draw a table showing the students the content of this unit and the single sessions so that the young people are aware of what they need to do in the next time.

- 1 LIVE DIFFERENT
- 2 ORIENTEERING
- 4 QUICK PICK