



Special Sport for Special People



Cofinanziato dal
programma Erasmus+
dell'Unione europea

SOULESPORT

LONG DISTANCE
RUNNING WITH
THE OPTION
OF A RELAY RACE

QUICK PICK 1

**QUICK
PICK 1**
SESSION 2
STRETCHING
EXERCISE

**QUICK
PICK 2**
SESSION 4
RUNNING IN
INTERVALS I

**QUICK
PICK 3**
SESSION 4
RUNNING IN
INTERVALS II

**QUICK
PICK 4**
SESSION 4
RUNNING



4. QUICK PICK LONG DISTANCE RUNNING



STAFF

1 experienced
teacher/trainer

DURATION OF THE SESSION

10 minutes

EQUIPMENT

sportswear
If needed: Google
and Printer

QUICK PICK 1 > SESSION 2 > STRETCHING EXERCISE

Students will learn the importance of stretching, different stretches and deliver stretching exercises by themselves

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

STRETCHING EXERCISE

Teaching of the importance of stretching exercises before running:

①

The teacher/trainer shall teach the young people the importance of doing stretching exercise before running via a short lecture (teacher-centered teaching) so that the young people are aware of this point.

②

Therefore, the teacher can use various materials that he/she already possesses. Otherwise you will find many videos about stretching on Youtube that could be used for this purpose. Just type in "Stretching", "Stretching Basics" or "Stretching calfs/ankles/etc.". (Here you will also find many videos that are in other languages than English in case you prefer a video in your national language).

- 1 LIVE DIFFERENT
- 2 ORIENTEERING
- 3 LONG DISTANCE
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QUICK PICK 2

QUICK
PICK 1
SESSION 2
STRETCHING
EXERCISE

QUICK
PICK 2
SESSION 4
RUNNING IN
INTERVALS I

QUICK
PICK 3
SESSION 4
RUNNING IN
INTERVALS II

QUICK
PICK 4
SESSION 4
RUNNING



4. QUICK PICK LONG DISTANCE RUNNING



STAFF

1 experienced
teacher/trainer

DURATION OF THE SESSION

10 minutes

EQUIPMENT

training app

- 1 LIVE DIFFERENT
- 2 ORIENTEERING
- 3 LONG DISTANCE
RUNNING WITH THE
OPTION OF A RELAY RACE

QUICK PICK 2 > SESSION 4 > RUNNING IN INTERVALS 1

Students will learn about different training methods for running and how to create a training schedule

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

RUNNING IN INTERVALS I

①

Running for 1 minute,
followed by 1 minute
walking.
Perform for 3-5 minutes.

②

Repeat this exercise
several times within 30
– 60 minutes.

③

Increase the running
time as the student
becomes comfortable
with the exercise.



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LONG DISTANCE RUNNING WITH THE OPTION OF A RELAY RACE

QUICK PICK 3

**QUICK
PICK 1**
SESSION 2
STRETCHING
EXERCISE

**QUICK
PICK 2**
SESSION 4
RUNNING IN
INTERVALS I

**QUICK
PICK 3**
SESSION 4
RUNNING IN
INTERVALS II

**QUICK
PICK 4**
SESSION 4
RUNNING



4. QUICK PICK LONG DISTANCE RUNNING



STAFF

1 experienced
teacher/trainer

DURATION OF THE SESSION

10 minutes

EQUIPMENT

training app

- 1 LIVE DIFFERENT
- 2 ORIENTEERING
- 3 LONG DISTANCE
RUNNING WITH THE
OPTION OF A RELAY RACE

QUICK PICK 3 > SESSION 4 > RUNNING IN INTERVALS 2

Students will learn different training methods for running and create a training schedule

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

RUNNING IN INTERVALS II

①

Sprint for 30 -50 metres,
followed by a walk for
100 m - 200 m.

②

Repeat this exercise
several times within 30
– 60 Min.

③

The sprint distance
increases, as the
students become
comfortable.



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SOULESPORT

**LONG DISTANCE
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QUICK PICK 4

**QUICK
PICK 1**
SESSION 2
STRETCHING
EXERCISE

**QUICK
PICK 2**
SESSION 4
RUNNING IN
INTERVALS I

**QUICK
PICK 3**
SESSION 4
RUNNING IN
INTERVALS II

**QUICK
PICK 4**
SESSION 4
RUNNING



4. QUICK PICK LONG DISTANCE RUNNING



STAFF

1 experienced
teacher/trainer

DURATION OF THE SESSION

10 minutes

EQUIPMENT

training app

- 1 LIVE DIFFERENT
- 2 ORIENTEERING
- 3 LONG DISTANCE
RUNNING WITH THE
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QUICK PICK 4 > SESSION 4 > RUNNING

Students will learn different training methods for running and create a training schedule

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

RUNNING TILL YOU ARE EXHAUSTED

①

Continuing running till you are
exhausted

②

Students try to beat their last distance
covered.