

## LESSON 9: RUNNING FORM AND INTERVALS

### Grade-Level Outcomes

#### Primary Outcomes

**Lifetime activities:** Demonstrates competency and/or refines activity-specific movements in 2 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games or target games). (S1.H1.L1)

**Fitness activities:** Demonstrates competency in 2 or more specialized skills in health-related fitness activities. (S1.H3.L2)

**Engages in physical activity:** Creates a plan, trains for and participates in a community event with a focus on physical activity (e.g., 5K, triathlon, tournament, dance performance, cycling event). (S3.H6.L2)

#### Embedded Outcome

**Challenge:** Chooses an appropriate level of challenge to experience success and desire to participate in a self-selected physical activity. (S5.H2.L2)

### Lesson Objectives

The learner will:

- practice various running drills to improve running form.
- participate in a running workout that enhances fitness.

### Equipment and Materials

Stopwatch or timing device

### Introduction

*In our previous class, you worked on your running form and gait analysis with your partners. I trust that you received some good feedback. Today, we will incorporate that feedback into our run workout. We will perform a dynamic warm-up, then a few drills that will help improve your running form, and then a brief workout that you can incorporate into your training programs.*

## Instructional Task: Running Drills

### ■ PRACTICE TASK

Lead students in five or six running drills (50 to 100 yards or meters) that students can apply to their workouts to improve running form.

#### Refinement

Use the running drills to focus on form. Provide corrective feedback during rest intervals. Peers can also provide feedback with a rubric or checklist.

#### Student Choices/Differentiation

- Students work at their own pace.
- Students may adjust recovery time if needed.

## What to Look For

- Arms are swinging forward and back without crossing the body.
- Torso is leaning forward slightly.
- Force produced by the contact foot is mostly driving the runner forward rather than up and down.

## Instructional Task: Running Track Interval Workout

### ■ PRACTICE TASK

Create a track workout totaling about 1 mile or 1 km in length, with a focus on tempo. Here are two examples:

- 4 × 200 meters on 2:00 or 4 × 200 with 1:00 minutes' rest
- 4 × 400 meters on 4:00 or 4 × 400 with 2:00 minutes' rest

### Refinement

During rest intervals, provide corrective feedback on running form. If available, use a device to record running form, and have students view themselves running during the rest intervals. Use the checklist or rubric from the previous task.

### Guiding questions for students:

- What is the primary energy system you are using in these intervals?
- Why is it important to try to maintain the same pace for all the intervals?
- How can you apply the idea of intervals in other activities?

**EMBEDDED OUTCOME: S5.H2.L2.** This is a good opportunity to teach students about the importance of challenging themselves in interval workouts in order to improve their performance and fitness.

### Student Choices/Differentiation

- Students may adjust interval length or rest interval if needed.
- Group students by pace or tempo.

### What to Look For

- Students are pushing themselves to run at a faster pace (tempo).
- Students are maintaining the same time for each interval.
- Students are able to sustain correct form at the end of the intervals.

## Formal and Informal Assessments

Rubric or checklist for self-assessment

## Closure

- We worked on various drills today that focus on improving your running form. Incorporate these into your workouts, just as you would incorporate drills into sports training. Our workout today focused on intervals on the track, allowing you to work on tempo.
- In our next class, we will enjoy classroom presentations from your research abstracts.
- Remember to have a one-page abstract to hand in.

## Reflection

- Did students focus on tempo and the concept of a track workout?
- Do some students need to work on pacing?

## Homework

- Finish your abstracts, and be prepared to present next class.
- Bring a running workout, or part of a workout, from your training plan to complete in our next class. Be prepared to complete your own 20-minute workout at the end of that class.
- Continue journaling your training and progress in your workouts.

## Resources

Active: [www.active.com](http://www.active.com)

National Strength and Conditioning Association: [www.NSCA.org](http://www.NSCA.org)

USA Track and Field: [www.usatf.org](http://www.usatf.org)

USA Triathlon: [www.usatriathlon.org](http://www.usatriathlon.org)