

Mondays, September 28, October 5, 19, 26, November 2, 9 (3:45 – 4:45)

with Sarah Clark, Certified Run Coach

2nd – 8th Grade

\$90 for six sessions

Braveheart Run Club believes that kids can do hard things! The instructors will lead 2nd-8th grade students through running games and drills that help build their strength both physically and mentally every time they meet. The goal each session is empowerment on and off the field. "Our program is designed for kids who enjoy running and want to improve by setting an actionable goal and working toward it. Through the process, we will also work on your children's running form, strength, speed, cadence, stride, posture, and attitude, which benefits them in all aspects of life!" This would be a great compliment to the fall MS XC team or anyone who wants to improve their running skills whether to help them with a sport, for exercise, or just to run for fun!

What Running Skills Are Covered?

- 1) Warm-up/Cool down – We prepare our bodies to run with a warm-up and prepare it to restore with a cool down.
- 2) Posture – Posture reflects attitude. Run Club Attitude: relaxed, light, positive feeling while running tall, controlled and looking forward.
- 3) Pacing – Understand different pacing speeds and when to use each.
- 4) Energy Direction – Keeping good running form will make your running more efficient so you can go faster for longer periods of time.
- 5) Speed vs. Endurance – Understand the difference between speed and endurance and how they work together.
- 6) Stride – Understand stride, cadence and how they relate to speed. Be able to find the "just right" stride during different run speeds.
- 7) Strength training – Running is a whole-body exercise and strength training is an important part of any running program.
- 8) Putting it all together to feel amazing when on a run

The Core Empowerment Principles of Braveheart

Power of Positivity

How we think and talk about ourselves defines who we are, for better or worse.

Aggressive Goals

We dare to believe anything is possible, with the right plan and hard work.

Personal Resilience

Setbacks are simply an opportunity to grow.

Teamwork

We can do together what we cannot do alone.

Community Vision

We exist in relation to others, and go farther together! Group runs add so much value for a variety of reasons.

New Beginnings

A finish line is just the beginning of a new journey.