



# RUNNING CLUB PLANNER

## TERM 3

Week	Monday @ 7.50am	Thursday @ 7.50am
1	Laps	Cross Country
2	Cross Country	Laps
3	Laps	Interval Training
4	Circuit Training	Laps (Parents v Kids)
5	Laps (Parents v Kids)	Cross Country
6	Interval Training	Laps
7	Laps	Circuit Training
8	Cross Country	Laps (Parents v Kids)
9	Laps (Parents v Kids)	Interval Training
10	Laps	Laps

**VIP Breakfast** - Bring your completed registration form so we can start recording your attendance and count laps towards personal and team targets.

When you reach 10 attendances in the semester you will:

- qualify for the End-of-Semester VIP Breakfast
- earn a Running Club token for every 10 attendances

**Laps** - Run around the oval to earn laps towards your personal tally. Laps will also be added to the team tally to help motivate 'our Running Man' to reach his milestones and earn rewards for everyone (such as seeing Mr Prokojes dab in front of the whole school at assembly or cheering on Mrs Knox and Mrs Smith in a bottle flip competition).

**Cross Country** - Run laps of the Cross Country Course (within the boundaries of the school). Extra volunteers may be needed to assist on these mornings.

**Circuit Training** - Rotate through different activities (e.g. skipping, lunges, jumping jacks, burpees etc.), alternating work and rest periods.

**Interval Training** - Build your endurance with bursts of high and low intensity activities (e.g. sprinting, jogging, walking). See your fitness levels increase over time - you'll find you can sprint for longer and need less time to recover.