





Activity Plan for Endurance Running

Week 1			
Activity	How many or how long	How many days	Instructions
Running 	10mins	3 days/wk	Running is a great physical activity and can help you become better in other sports (like soccer or football)! How long can you run for when you're in your school yard or at the park? See if you can run for 10 minutes without stopping. If you feel really tired, take a 1-minute walking break, and then try running again until you make it to 10 minutes!

Week 2			
Activity	How many or how long	How many days	Instructions
Running for Endurance 	12mins	3 days/wk	See if you can run for 12 minutes without stopping. If you feel really tired, take a 1 minute walking break, and then try running again until you make it to 12 minutes!

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Week 3			
Activity	How many or how long	How many days	Instructions
Running for Endurance 	12mins	3 days/wk	See if you can run for 12 minutes without stopping. If you feel really tired, take a 1 minute walking break, and then try running again until you make it to 12 minutes!

Week 4			
Activity	How many or how long	How many days	Instructions
Running 	15mins	3 days/wk	How long can you run for when you're in your school yard or at the park? See if you can run for 15 minutes without stopping. If you feel really tired, take a 1 minute walking break, and then try running again until you make it to 15 minutes!