



#sd8abed Indigenous Run Walk Wheel

Hello everyone! Welcome to **WEEK FOUR** of the Indigenous Run Walk Wheel program in SD8 Kootenay Lake! YES! We are HALFWAY there! We have all made it halfway! Well done, everyone! You are working so hard to find your own personal rhythm, your pace, and all working so well on your form whether you are walking, wheeling, or running. You are all such inspirations!

This is a Recovery week for us all.. as we are building up our capacity to running/walking/wheeling. Slow it down again this week and take a pause. You are working hard and getting fitter and stronger! Building muscle memory.. building lung capacity. Your body, mind, spirit, and heart are making connections to health. So, we need to rest in our training.

Here is the District Aboriginal Team [video for WEEK FOUR!](#)

Our Reconciliation reflection question this week is: **Who do you run/wheel/walk for?**

Coach Lynn from ISPARC has [some tips](#) for us this week!

Thanks to ISPARC and #sd8abed for supporting this #movementmedicine initiative as we move toward Reconciliation.

Here are the **sessions and times** you should be doing this week:



**Week 4: Walk, LearnToRun/Wheel Sessions for this week!**

**Week 4**

**Walk, LearnToRun, or Wheel**

Progressing to only 1 min. of recovery walking or wheeling 😊

<p>Session 1 31 min.</p> <p>* Notice you are progressing to only 1 minute of recovery walking or wheeling now!</p>	<p>Warm-up: Walk/Wheel slow &amp; easy 5 min. Dynamic stretches.</p> <p>Brisk Walk/Brisk Wheel or Run 1 min. Recovery Walk/Wheel 2 min. Brisk Walk/Brisk Wheel or Run 2 min. Recovery Walk/Wheel 2 min. Brisk Walk/Brisk Wheel or Run 3 min. Recovery Walk/ Wheel 2 min. Brisk Walk/Brisk Wheel or Run 3 min. Recovery Walk/Wheel 1 min. Brisk Walk/Brisk Wheel or Run 2 min. Recovery Walk/Wheel 1 min. Brisk Walk/Brisk Wheel or Run 1 min.</p>
	<p>Recovery Walk/Wheel 1 min.</p> <p>Cool-down: Walk/Wheel slow &amp; easy 5 min.</p> <p>Reminder: Keep that run at a nice easy “shuffle” talking pace – very little knee lift, short quick swing of the arms, soft landing on the mid-foot right under the hips – your base of support.</p> <p>Keep your Wheel at a nice easy talking pace also, adjusting your push so that you stay comfortable. The greater the range of motion, the bigger the push, the greater the effort and the harder it is on your body. Stay at a pace that is safe and right for you personally.</p>
<p>Session 2 30 min.</p> <p>*Notice there’s only 1 minute of recovery walking now!</p>	<p>Warm-up: Walk/Wheel slow &amp; easy 5 min. Dynamic stretches.</p> <p>Brisk Walk/Brisk Wheel or Run 1 min. Walk/Wheel 1 min. Do this 10 times.</p> <p>*Notice there’s only 1 minute of recovery walking or wheeling now!</p> <p>Cool-down: Walk/Wheel slow &amp; easy 5 min. Static stretches.</p>
<p>Session 3 31 min.</p>	<p>Warm-up: Walk/Wheel slow &amp; easy 5 min. Dynamic stretches.</p> <p>Brisk Walk/Brisk Wheel or Run 2 min. Recovery Walk/Wheel 1 min. Do this 7 times.</p> <p>Cool-down: Walk/Wheel slow &amp; easy 5 min. Static stretches.</p>