



#sd8abed Indigenous Run Walk Wheel

It is **week two**, everyone! Your effort in week one is amazing! We took it nice and slow last week.. which we will do to build up to 5 km in this 8 week program!

Here is the [District Aboriginal Team video](#) for week 2!

Here is our **Reconciliation Reflection**: what connections do you make in your health between mind, body, and spirit?

Here are the **coach tips** for the week: Be sure to start with those dynamic stretches before going on a run/walk/wheel session. The dynamic stretches are movement stretches that we do to wake up our bodies before engaging in physical activity. Then, move into a five minute warm up.. slow and easy whether you are walking, running, or wheeling. Remember the good posture from last week? We will have a reminder of that below. As you move through the interval sessions, your pace should be that you can talk with another person you are running/walking/wheeling with without great effort to keep your breath. Remember, we are slowly working up to building our capacity! After your interval session, end with another five minutes of a slower pace.. and then, move right into those static stretches.. hold each stretch for up to 10 seconds.. and make sure that what you stretch on one side of your body, you do to the other side! And .. HAVE FUN everyone!

Week 2
**Walk/LearnToRun/
Wheel 5K**

On your way!

Session 1 34 min.	Warm-up: Walk/Wheel slow & easy 5 min. Dynamic stretches. Brisk Walk/Wheel or Run 2 min. Recovery Walk/Wheel 2 min. Do this 6 times. Cool-down: Walk/Wheel slow & easy 5 min. Static stretches.
Session 2 31 min.	Warm-up: Walk/Wheel slow & easy 5 min. Dynamic stretches. Brisk Walk/Wheel or Run 1 min. Recovery Walk/Wheel 2 min. Do this 7 times. Cool-down: Walk/Wheel slow & easy 5 min. Static stretches.
Session 3 30 min.	Warm-up: Walk/Wheel slow & easy 5 min. Dynamic stretches. Brisk Walk/Wheel or Run 2 min. Recovery Walk/Wheel 2 min. Do this 5 times. Cool-down: Walk/Wheel slow & easy 5 min. Static stretches.



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Technique Reminders:

- **Walk Technique:** Upright body carriage with a full forward-and-back swing of the arms, generating a nice wide stride with a strong heel-toe action.
- **LearnToRun Technique:** Upright body carriage, a short forward-and-back swing of the arms from the shoulders and little steps with very little knee lift. Land “softly” with a slight bend to the knee so that you absorb the impact more efficiently. Careful not to bounce... when you are learning to run it is more of a shuffle while your body and mind get used to the impact. Think of how a boxer looks when training, or even a dancer doing the cha-cha! The weight is distributed on the mid-to-forefoot, unlike walking, which is clearly a heel-toe action.
- **Warm-up and Cool-down - Dynamic and Static Stretches:** Start and finish with 5 minutes of easy walking. It’s also important to include a general dynamic series of stretches to get the blood flowing. Think head-to-toe with neck, shoulder, arm, trunk and ankle circles with knee to chest leg lifts. After your workout finish with static stretches, holding them for 10-20 seconds to find length in your body with calves, thighs, hamstrings, and in your back. Warming up and cooling down will help prevent discomforts and will make you feel better both during your workout and in recovery after your workout.

Many thanks to ISPARC and #sd8abed and **all of YOU** for making this 8 week commitment.
#movementismedicine