



#sd8abed Indigenous Run Walk Wheel

Hello everyone! Welcome to **WEEK THREE** of the Indigenous Run Walk Wheel program in SD8 Kootenay Lake! It has been inspiring hearing from you all about how you are finding the program and how you are feeling in these past two weeks.. whether you are an experienced runner/walker/wheeler or are just starting out and getting motivated after a loooooong winter, we are all making these goals and taking long strides toward our health goals and toward Reconciliation.

Here is [the District Aboriginal Team and the Indigenous Run Walk Wheel group video](#) for this week!

Our Reconciliation reflection question this week is: **Who inspires you on your health and wellness journey?**

Here are the [coaching tips](#) from Coach Lynn from ISPARC!

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



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### Week 3

### Walk/LearnToRun/ Wheel

Keep it going!

Session 1 34 min.	<p>Warm-up: Walk/Wheel slow &amp; easy 5 min. Dynamic stretches.</p> <p>Brisk Walk/Run/Brisk Wheel 1 min. Recovery Walk/Wheel 2 min.</p> <p>Brisk Walk/Run/Brisk Wheel 2 min. Recovery Walk/Wheel 2 min.</p> <p>Brisk Walk/Run/Brisk Wheel 3 min. Recovery Walk/Wheel 2 min.</p> <p>Brisk Walk/Run/Brisk Wheel 3 min. Recovery Walk/Wheel 2 min.</p> <p>Brisk Walk/Run/Brisk Wheel 2 min. Recovery Walk/Wheel 2 min.</p> <p>Cool-down: Walk/Wheel slow &amp; easy 5 min. Static stretches.</p> <p>Reminder: Keep your runs and brisk wheeling at a nice easy “talking” pace – for a run that means very little knee lift, short quick swing of the arms, soft landing on the mid-foot right under the hips – your base of support. For wheel, that means start your push nearer to 12 o’clock rather than reaching back to 9 o’clock: Simply a less aggressive push.</p> <p>Keep it comfortable.</p>
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Session 2 29 min.	Warm-up: Walk/Wheel slow & easy 5 min. Dynamic stretches.  Brisk Walk/Run/Brisk Wheel 1 min. Recovery Walk/Wheel 2 min.  Brisk Walk/Run/Brisk Wheel 2 min. Recovery Walk/Wheel 2 min.  Brisk Walk/Run/Brisk Wheel 3 min. Recovery Walk/Wheel 2 min.  Brisk Walk/Run/Brisk Wheel 2 min. Recovery Walk/Wheel 2 min.  Brisk Walk/Run/Brisk Wheel 1 min. Recovery Walk/Wheel 2 min.  Cool-down: Walk/Wheel slow & easy 5 min. Static stretches.
Session 3 34 min.	Warm-up: Walk/Wheel slow & easy 5 minutes. Dynamic stretches.  Brisk Walk/Run/Brisk Wheel 2 min. Recovery Walk/Wheel 2 min. Do this 6 times.  Cool-down: Walk/Wheel slow & easy 5 min. Static stretches.

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