



#sd8abed Indigenous Run Walk Wheel

Hello everyone! Welcome to **WEEK FIVE** of the Indigenous Run Walk Wheel program in SD8 Kootenay Lake! You are working hard to build your capacity to run or wheel or walk a 5 km route. A lot of focus and determination goes into this work, so **WELL DONE** for making the effort and following through with your choice to do this work. It can be hard and we have each other for inspiration and guidance. We have our coaches and our Ancestors who have travelled these Lands for millennia!

This week, we are focusing on building up the time we are walking, wheeling, or running within the faster, quicker pace. Remember your form and your posture. Keep your body strong maybe with some cross training. Hold yourself tall in your stance. Be proud. Be confident. If you need to slow down a little bit, do so! Honour where you are at in the moment. Maybe switch up your routes and take a different path to keep things exciting!

A note! If you are running on trails in the Kootenays, please be aware of your surroundings at all times and be aware of wild animals.

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

Our Reconciliation reflection question this week is: **what does the word wuqanqankimik mean to you? What does it mean to ‘take long strides.. to take big steps’ toward reconciliation?**

Coach Lynn from ISPARC has [some tips](#) for us this week about building positive talk for yourself!

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



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

Week 5
Walk/Wheel
LearnToRun/Wheel

Still building your
minutes...

You can do it!

<p>Session 1 34 min.</p>	<p>Warm-up: Walk/Wheel slow & easy 5 min. Dynamic stretches.</p> <p>Brisk Walk/Wheel or Run/Brisk Wheel 1 min. Walk 1 min. Brisk Walk/Wheel or Run/Brisk Wheel 2 min. Walk 1 min. Brisk Walk/Wheel or Run/Brisk Wheel 3 min. Walk 1 min. Brisk Walk/Wheel or Run/Brisk Wheel 5 min. Walk 1 min. Brisk Walk/Wheel or Run/Brisk Wheel 3 min. Walk 1 min. Brisk Walk/Wheel or Run/Brisk Wheel 2 min. Walk 1 min. Brisk Walk/Wheel or Run/Brisk Wheel 1 min. Walk 1 min.</p> <p>Cool-down: Walk/Wheel slow & easy 5 min.</p>
<p>Session 2 28 min.</p>	<p>Warm-up: Walk/Wheel slow & easy 5 min. Dynamic stretches.</p> <p>Brisk Walk/ Wheel or Run/Brisk Wheel 2 min. Walk/Wheel 1 min. Do this 6 times.</p> <p>Cool-down: Walk/Wheel slow & easy 5 min. Static stretches.</p>
<p>Session 3 30 min.</p>	<p>Warm-up: Walk/Wheel slow & easy 5 min. Dynamic stretches.</p> <p>Brisk Walk/Wheel or Run/Brisk Wheel 3 min. Walk/Wheel 1 min. Do this 5 times.</p> <p>Cool-down: Walk slow & easy 5 min. Static stretches.</p>