



#sd8abed Indigenous Run Walk Wheel

Hello wheelers, walkers, and runners! Welcome to **WEEK SIX** (not week seven hehe) of the Indigenous Run Walk Wheel program in SD8 Kootenay Lake! Wow! We are building our stamina, we are working hard to build our capacity to run/walk/wheel 5 km. This week we will work up to 8 minutes of that brisk and quicker pace. Our goal is 10 minutes of this pace, so we are almost there! It is also HILL week.. and [POW WOW week!](#) Check below for some tips from Coach Lynn on how to approach hills in your training programs!

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

Our Reconciliation reflection question this week is: **how do connections to culture help to shape our health?**

Coach Lynn from ISPARC has [some tips](#) for us this week about staying true to your own personal journey!

Here is some inspiration from [Native Women Running!](#)

This 8 week program is building up to our [SD8 wuqanqankimik Run Walk Wheel](#) for Reconciliation! All schools and programs in SD8 Kootenay Lake will be participating in an event this week and taking long strides toward reconciliation. If you can, join in a school event or join our 8 week IRWW training group on June 6th at 4 pm at Lakeside Park for our 5 km Run Walk Wheel for Reconciliation. Email Jesse for more information: jesse.halton@sd8.bc.ca

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



Flash Info! Hills are fantastic! Never avoid them, instead embrace them! If you can incorporate hills on your routes that is always a good thing! Successfully tackling a good set of hills will help you.

What to do when you run on the Uphill? Think ACCELERATION and quick steps!

- Lean slightly into the hill while hinging at the waist.
- Keep the abdominal muscles and back tall and strong – careful not to hunch in the shoulders. Think “shoulders away from ears.”
- Be patient and focus only a few feet in front of you.
- Shorten the leg stride with small, quick steps.
- The most common mistake people make is over-striding up a hill. Test this out yourself. Try one hill with small quick steps, and the next with a longer stride. Guaranteed, you will discover your effort will be greater with the longer stride and heavier landing.
- Land on the balls of the feet and the second the foot touches the ground, be conscious of lifting the knees as quickly as possible.
- Keep those arms pumping with a strong short quick upswing and driving the elbows back behind you. As always, it’s the arms that dictate the pace.
- **Nordic Walkers:** Hills are EASIER with the support, stability and power from the plant. Be conscious of a strong, powerful arm swing, driving from the torso and shoulders, planting strongly and pushing off with the poles. Because of the hill, the poles will not be planted as far forward as they would be on level ground, and they add wonderful stability on the way down.
- **Wheelers:** Either take care to find a very slight incline you can handle. Arms are everything and knowing your fitness is very important. *Otherwise challenge yourself simply with a FASTER effort for the suggested interval, and then relax on the recovery.

What to do on the Downhill? Be careful! Downhills are much harder on the body than the uphills!

- Let gravity do the work, which means relaxing the arms and legs and allowing the stride to lengthen comfortably.
- If the hill is very steep and you find yourself falling too quickly for yourself, then consciously “sit down”: (ie. Slow yourself down by shortening the stride as you bend the knees and push your butt toward a sitting position towards the ground.)
- It’s important to note that running or walking downhill is much tougher on the body than travelling uphill. The impact is greater and many people find it to be demanding on the knees. Be careful, and make sure you ease up if you are feeling some discomfort.
- **Wheelers: Take care to be safe! Know the speed that you’re comfortable with while going downhill.**



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

Week 6

**Walk,
LearnToRun, or
Wheel**

Still Building...Stick
with it!

<p>Session 1 41 min.</p>	<p>Warm-up: Walk/Wheel slow & easy 5 min. Dynamic stretches.</p> <p>Brisk Walk, Run or Brisk Wheel 1 min. Recovery Walk/Wheel 1 min.</p> <p>Brisk Walk, Run or Brisk Wheel 3 min. Recovery Walk/Wheel 1 min.</p> <p>Brisk Walk, Run or Brisk Wheel 5 min. Recovery Walk/Wheel 1 min.</p> <p>Brisk Walk, Run or Brisk Wheel 8 min. Recovery Walk/Wheel 1 min.</p> <p>Brisk Walk, Run or Brisk Wheel 5 min. Recovery Walk/Wheel 1 min.</p> <p>Brisk Walk, Run or Brisk Wheel 3 min. Recovery Walk/Wheel 1 min.</p> <p>Cool-down: Walk/Wheel slow & easy 5 min. Static stretches.</p>
<p>Session 2 34 min.</p>	<p>Warm-up: Walk/Wheel slow & easy 5 min. Dynamic stretches.</p> <p>Brisk Walk, Run or Brisk Wheel 3 minutes. Recovery Walk/Wheel 1 minute.</p>

	<p>Do this 6 times.</p> <p>Cool-down: Walk/Wheel slow & easy 5 min.</p>
<p>Session 3 35 min.</p>	<p>Warm-up: Walk/Wheel slow & easy 5 min. Dynamic stretches.</p> <p>Brisk Walk, Run or Brisk Wheel 5 min. Recovery Walk/Wheel 1 min. Do this 5 times.</p> <p>Cool-down: Walk/Wheel slow & easy 5 min. Static stretches.</p>