



#sd8abed Indigenous Run Walk Wheel

Hello wheelers, walkers, and runners! Welcome to **WEEK SEVEN** of the Indigenous Run Walk Wheel program in SD8 Kootenay Lake! What incredible and amazing progress you have all made! Seven weeks of commitment to being active, tuning in to #movementismedicine, and reflecting on reconciliation in your life, in your schools. We have all taken big strides! This week, we will work up to the '10 and 1' timing. That is 10 minutes of the quicker, brisker pace and 1 minute of recovery running/walking/wheeling. This is the timing that many long distance runners/walkers/wheelers adapt into their programming. Your pace and your rhythm is personal to you and you will grow and adapt in that as your body and mind grow stronger. We are all working confidently toward our goal of making it to 5 km! We are almost there!

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

Our Reconciliation reflection question this week is: **what is the goal of Reconciliation in our schools?** This week, the District Aboriginal Team offered tobacco to the Land and the Water as a way of returning all that we have been learning about Reconciliation to the Creator. Tobacco is a traditional medicine Indigenous Peoples use to honour Elders, Knowledge Keepers for the learning and the wisdom they hold. So to honour the wisdom we are gaining in taking long strides toward Reconciliation, we offer tobacco to the Land and the Water, to Creator.

Coach Lynn from ISPARC has [some tips for us](#) this week about how to incorporate your run/walk/wheel sessions in to your daily schedule!

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 the week of June 6th to 10th 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.



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

Week 7

Walk, LearnToRun or Wheel

You've made it to a
Magical 10-and-one 😊

<p>Session 1 40 min.</p>	<p>Warm-up: Walk/Wheel slow & easy 5 min. Dynamic stretches.</p> <p>Brisk Walk/Run/Brisk Wheel 3 min. Recovery Walk/Wheel 1 min.</p> <p>Brisk Walk/Run/Brisk Wheel 5 min. Recovery Walk/Wheel 1 min.</p> <p>Brisk Walk/Run/Brisk Wheel 10 min. Recovery Walk/Wheel 1 min.</p> <p>Brisk Walk/Run/Brisk Wheel 5 min. Recovery Walk/Wheel 1 min.</p> <p>Brisk Walk/Run/Brisk Wheel 3 min.</p> <p>Cool-down: Walk/Wheel slow & easy 5 min. Static stretches.</p>
<p>Session 2 35 min.</p>	<p>Warm-up: Walk/Wheel slow & easy 5 min. Dynamic stretches.</p> <p>Brisk Walk/Run/Brisk Wheel 4 min. Recovery Walk/Wheel 1 min. Do this 5 times.</p> <p>Cool-down: Walk/Wheel slow & easy 5 min. Static stretches.</p>
<p>Session 3 40 min.</p>	<p>Warm-up: Walk/Wheel slow & easy 5 min. Dynamic stretches.</p> <p>Brisk Walk/Run/Brisk Wheel 5 min. Recovery Walk/Wheel 1 minute. Do this 5 times.</p> <p>Cool-down: Walk/Wheel slow & easy 5 min. Static stretches.</p>