



#sd8abed Indigenous Run Walk Wheel

Hello wheelers, walkers, and runners! Welcome to **WEEK EIGHT** of the Indigenous Run Walk Wheel program in SD8 Kootenay Lake! **WE MADE IT!** This week, we will be able to achieve our 5 km goal. All the incredible work we have done as a team, as a district has brought us to this goal of running, walking, wheeling 5 km! We have had some amazing tips from Coach Lynn, we have worked together to warm up our bodies before heading out together, we have encouraged each other and built each other up for the work we are doing, and we have made sure to cool down after the hard work. Wow! It has been such a JOY to go through these eight weeks with you all! Now, we are ready for wuqanqankimik event! We will be taking long strides together toward Reconciliation. Your pace and your rhythm is personal to you, and we are all doing this together.

Here is the District Aboriginal Team **video for WEEK EIGHT!** (we will update the video in the blog post, as there was a slight technical difficulty)!

Our Reconciliation reflection question this week is: **what is your personal commitment to Reconciliation?** Reconciliation Canada has a great activity to reflect on this called the 'Back Pocket Reconciliation Action Plan'. We have outlined this amazing activity in the [lesson plan here](#). When you are running walking wheeling your event, keep this action plan in mind. What is your personal commitment to Reconciliation?

Coach Lynn from ISPARC has [some tips for us](#) this week about getting motivated for achieving your goals and tips for preparing for your event!

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 6<sup>th</sup> to 10<sup>th</sup> and taking long strides toward reconciliation. If you can, join in a school event or join our 8 week IRWW training group on June 6<sup>th</sup> 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](mailto:jesse.halton@sd8.bc.ca)

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



#sd8abed Indigenous Run Walk Wheel

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

**Week 8**

**Walk,  
LearnToRun or  
Wheel 5K**

<p>Session 1 43 min.</p>	<p>Warm-up: Walk/Wheel slow &amp; easy 5 min. Dynamic stretches.</p> <p>Brisk Walk/Wheel/Brisk Wheel 5 min. Recovery Walk/Wheel 1 min.          Brisk Walk/Wheel/Brisk Wheel 10 min. Recovery Walk/Wheel 1 min          Brisk Walk/Wheel/Brisk Wheel 10 min. Recovery Walk/Wheel 1 min          Brisk Walk/Wheel/Brisk Wheel 5 min.</p> <p>Cool-down: Walk/Wheel slow &amp; easy 5 min. Static stretches.</p>
<p>Session 2 34 min.</p>	<p>Warm-up: Walk/Wheel slow &amp; easy 5 min. Dynamic stretches.</p> <p>Brisk Walk/Wheel/Brisk Wheel 5 min. Recovery Walk/Wheel 1 min.          Do this 4 times.</p> <p>Cool-down: Walk/Wheel slow &amp; easy 5 min. Static stretches.</p>
<p>Session 3 40-43 min. OR EVENT DAY 5K Woo Hoo!</p>	<p>Warm-up: Walk/Wheel slow &amp; easy 5 min. Dynamic stretches.</p> <p>Brisk Walk/Wheel/Brisk Wheel 5 min. Recovery Walk/Wheel 1 min.          Do this 5 times or repeat for 5K distance.</p> <p>OR</p> <p>Brisk Walk/Wheel/Brisk Wheel 10 min. Recovery Walk/Wheel 1 min          Do this 3 times or repeat for 5K distance.</p> <p>Cool-down: Walk/Wheel slow &amp; easy 5 min. Static stretches.</p>